

# SAND DOLLAR *Spa*



PINECAY

TURKS & CAICOS



# Information

## 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.

## SPA OPENINGS HOURS

SAND DOLLAR SPA OPENS FROM 08:00 TO 16:00 HOURS. THE LAST TREATMENT ENDS AT 15:30 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.





### **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 fraîche 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 Special

## **PINE CAY SIGNATURE MASSAGE**

Our signature treatment combines carefully targeted ancient techniques that nurture your well-being. This fully immersive treatment starts with an Epsom salt foot ritual drawing toxins from the body and allowing it to absorb magnesium to help reduce inflammation. Japanese shiatsu massage is then used to open the body's meridians and start to unblock the energy channels. Swedish massage targets areas of concern and releases specific points of tension. a heated chakra stone is placed on the abdomen for a gentle abdominal massage to improve gut health. A face and Indian head massage calms the mind and increases circulation to improve scalp and hair condition. The treatment finishes with assisted yogic breathing to oxygenate and invigorate the body.

**DURATION 85 MINUTES US\$290.00**



## **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**



# Pine Cay Special

## HOT AND COLD JADE STONE TREATMENT

Jade is a symbol of purity and serenity. This profoundly relaxing full body treatment uses a combination of hot volcanic and cold jade stones to work deep into your muscles. The treatment includes a firm back massage, working down the body, and ends with a neck and shoulder massage. You will experience a deep release of tension and feel a sense of balance and harmony in body and mind.

**DURATION 90 MINUTES US\$325.00**



## DE-STRESS MASSAGE

This massage focusing on the back of the body eases tense muscles and reduces stress levels, while restoring and realigning energy in the body. The treatment starts with an Epsom salt foot ritual drawing toxins from the body and allowing it to absorb magnesium to help reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow. Swedish back and leg massage focuses on improving circulation and relaxing the muscles. Finishing with a reflex zone foot therapy.

**DURATION 55 MINUTES US\$190**







# All Time Favorite

## **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**

## **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**

## **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**



# East to Ease



## 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**

## 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**





# East to Ease



## 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**

## 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**





# 30 Minutes

## 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**

## 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**

## 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**

# Exfoliation

## 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**



# Facial



## **PINE CAY FACIAL BY BAMFORD - SIGNATURE**

An indulgent version of our full facial including a foot bathing ritual and back massage using hot stones to release tension.

**DURATION 90 MINUTES US\$240.00**

## **PINE CAY FACIAL BY BAMFORD - FULL**

An extended version of our Express. Facial reflexology helps to stimulate cell regeneration, Jade stones aid circulation and cold Moonlight stones soothe and tone.

**DURATION 60 MINUTES US\$180.00**

## **PINE CAY FACIAL BY BAMFORD - EXPRESS**

You will receive a skincare consultation, a deep cleanse followed by the mask and finishing products chosen by your therapist to address your individual concerns.

**DURATION 30 MINUTES US\$110.00**

## **DEEP CLEANSING FACIAL**

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**



# Nails

## **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**

## **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**

## **POLISH APPLICATION**

**DURATION 20 MINUTES US\$20.00 PER PERSON**

