

Sand Dollar *Spa*



Pine Cay Spa Journey

**balancing,
cleansing,
and
hydrating**



Pine Cay Spa Journey - Package

ILA CHAKRA WELLBEING

120 minutes \$450

The ultimate ritual for restoring mind, body & soul

As exquisite as it is holistic, this bespoke treatment – tailored to the needs of each individual – works on the muscles, lymph and nervous system as a whole.

Based around seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

Treatment ritual: Express mini body scrub, shower, Kundalini back treatment, optional massage to the front of body, Ananda face therapy, oil pouring over third eye chakra into hair.

CARIBBEAN SEA'S ULTIMATE RESTORATION

150 minutes \$490

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!

Pine Cay Spa Journey - Facial

ANTI AGEING FACIAL

60 minutes \$180 | 90 minutes \$250

Advanced Anti-Ageing - Hydrating - Repairing
For mature, irritated & rosacea prone skin

This powerful treatment heals and protects us from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of Frankincense from the Gardens of Ethiopia, are delivered into the skin using cleansing & healing massage techniques. Hyaluronic extract instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

Treatment ritual: Cleanse, exfoliation & tone, classic opening techniques, lymphatic drainage & warm herbal poultices, nutrient dense mask.

ANANDA THERAPY

60 minutes \$180

Nourishing - Hydrating - Rejuvenating
For stressed & exhausted skin

Using ila's Glowing Radiance Collection, this divine therapy begins with an aloe vera & pomegranate cleanse and a gentle blackcurrant & honey exfoliation to the face, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells.

Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

Treatment ritual: Cleanse, exfoliation & tone, classic opening techniques, marma & light therapy, green clay mask.

DEEP CLEANSING FACIALS

60 minutes \$165

This is a deep cleaning facial includes cleansing, gently scrub to removes dead skin cells, facial massage with warm towel compress and followed by mask.

Treatment ritual: Promotes radiant skin and removes dirt that causes pimples, black heads and white heads.



Pinecay Ayurvedic Treatment

**rejuvenating,
revitalizing,
and
relaxing**



Pinecay Ayurvedic Treatment

PINECAY POTHY TREATMENT

Pothy Full Body Massage - 80 minutes \$300
Pothy Foot Massage - 45 minutes \$175

Ayurvedic treatment offered to those who want relief from joint and other body pains. by rejuvenating the strength of their muscle.

In this treatment can help alleviate muscle and joint pains and stiffness.

Benefits: Help the body detox, reduce ageing symptoms and improve the quality of your skin

HEAD OIL MASSAGE

30 minutes \$150

Massaging your scalp with hot oil stimulates blood circulation in that area,

Oil massage for hair effectively hydrates your scalp and keeps dandruff at bay.

Benefits: Stimulating the oil glands to produce more natural oil keeping your scalp healthy and nourished.

SHIRODHARA

60 minutes \$210

Shirodhara is a form of Ayurvedic therapy that involves gently pouring medicated lukewarm oil on the forehead and is one of the steps involved in Panchakarma.

The name comes from the Sanskrit words shiro (head) and dhara (flow).

Benefits: Deeply relaxing and revitalizing the central nervous system, reduces mental stress, anxiety, depression, chronic headaches and promote sound sleep.

Please note that this treatment is best effective before sunset.

Pinecay Ayurvedic Treatment

ABHYANGA MASSAGE

60 minutes \$210

Abhyanga massage is traditionally performed with medicated herbal oil, its consists of long strokes mainly using the palm, with pressure added to all the strokes with follow the direction of blood flow. the massage is centered on body's panca karma or belly.

Abhyanga is an integral part of the daily routine recommended the ayurveda healing system for overall health and wellbeing.

Benefits: Nourishes the body balances the doshas, relieve fatigue and provides stamina ,pleasure and perfect sleep.

PRANA VITALITY MASSAGE

60 minutes \$190

Energy Boosting - Detoxifying - Positive Mood Enhance
For low energy & sluggish circulation

This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. Invigorating massage & marma therapy with energy-enhancing essential oils of juniper berry, geranium, lemongrass and patchouli leave mind, body and spirit sparkling with vitality.

Treatment ritual: ila core full body massage, marma therapy.

KUNDALINI BACK TREATMENT

60 minutes \$210 | 75 minutes \$250

Soothing - Grounding
For exhaustion, stress & chronic fatigue

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance.

Treatment ritual: ila core back massage, marma therapy, chakra balancing, warm herbal poultices, back of leg massage.

75 mins includes rose facial massage.



Pinecay Classic Treatment



**conformity,
balance ,
and
harmony**

Pinecay Classic Treatment

PINE CAY SIGNATURE MASSAGE

85 minutes \$290

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.

THERAPEUTIC MASSAGE

60 minutes \$210 | 90 minutes \$325

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.

DEEP TISSUE MASSAGE

60 minutes \$210 | 90 minutes \$325

For muscular fatigue and joint pain, computer shoulders & deep rest.

An firm, effective full-body massage with Shiatsu stretches along with rhythmic, hypnotic pressure points that work together to release deeply-held patterns of tension and pacify your mind.

The whole experience has been lovingly designed to be both remedial and relaxing: ideal for anyone needing a strong release of physical tension from the body.

Pinecay Classic Treatment

BALINESE MASSAGE

60 minutes \$170 | 90 minutes \$270

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.

SWEDISH MASSAGE

60 minutes \$170 | 90 minutes \$270

A full body massage with "lavender-chamomile" oil.

The massage combines long gentle strokes, kneading and firm circular movements. Increase circulation of blood.



DE-STRESS MASSAGE

55 minutes \$190

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.

Pinecay Classic Treatment

BAMBOO MASSAGE

75 minutes \$270.00

Take a break to live the experience of a fabulous relaxing massage, combined with bamboo techniques on body and face that will help you activate blood circulation and give you a feeling of relaxation and conformity.

Fine techniques of massage on the face with bamboo and warm oil.

Benefits: Activates collagen to give a rejuvenated appearance to your face skin and providing firmness to the body muscles.

THAI MASSAGE

60 minutes \$210 | 90 minutes \$325

A dry pressure massage for full body, which involves gently pulling, stretching, bending and pressure points using hands, elbows and feet.

Benefits: Promotes flexibility of the body, enhance the energy flow and invigorates the nervous system.

ANTI-CELLULITE BODY BLISS

90 minutes \$325 | 120 minutes \$395

Algae is known for its effects of anti-cellulite treatment to drain away toxins. This special treat includes massage with anti-cellulite oil and followed by full body algae wrap.

Benefits: Specially for treating cellulites, drain the excess lymphatic fluid and reduces body water retention.

Pinecay Classic Treatment



HOT STONES THERAPY

90 minutes \$325

Hot stone therapy makes you feel deeply relaxed, releasing all the stress and stiffness from your body.

It is a great way to pampering yourself and boosts overall health and wellbeing.

Benefits: Improves blood circulation, reduces pain, calms the nerves and provide good sound sleep.

HOT AND COLD JADE STONE TREATMENT

90 minutes \$325

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.

Benefits: A deep release of tension and feel a sense of balance and harmony in body and mind.



Pinecay Chair Massage

Chair Massage techniques focus on the manipulation of the soft tissues of the upper body, including; the head, neck, back, and shoulders which are often the source of frequent tension.

During a chair massage session, you will be seated in a chair specifically designed for massage. This chair allows the therapist to have easy access to key areas, and the result is a targeted massage designed to pinpoint exact areas of the body.



CHAIR BACK MASSAGE

30 minutes \$130

Back Massage A soothing technique to release tension for upper back and break down knots.

Benefits: Erase pain, stiffness and improve good blood circulation.

CHAIR HEAD, NECK AND SHOULDER MASSAGE

30 minutes \$130

A soothing massage for the head, neck and shoulder using Ayurvedic oil.

Benefits: Brings sound sleep, cools the eyes, it relieves tension related to headache, eyestrain, and stiffness of the neck.



Pinecay Body Scrub



restorative,
toning,
and
illuminates

Pinecay Body Scrub

COCONUT – SANDALWOOD SCRUB

45 minutes \$150

Using fresh coconut and sandalwood powder, Body is gently exfoliated.

Benefits: Cleansing and detoxifying sensitive skin and dry skin.



BLISSFUL BODY RENEWAL

60 minutes \$160

Nourishing - Illuminates skin – Restorative - For depletion and fatigue.

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both physical and emotional wellbeing, ideal for when special pampering is required.

Pure essential oils of damascene rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells.

Benefits: Skin is left glowing with health and a sense of joy is restored.

Pinecay Body Scrub

BALINESE BODY SCRUB

90 minutes \$270

Enjoy one of our luxury body scrub treatments for skin that radiates with health and is so soft to the touch.

Your treatment begins with an exfoliating treatment to remove dead and dirty skin, followed by Balinese massage

Benefits: Improves blood circulation and elasticity of skin and soothing.

ENERGIZING & DETOXIFYING BODY RENEWAL

60 minutes \$160

Toning - Illuminates skin - Cleansing - For exhaustion & combatting cellulite.

Using the ionizing properties of Himalayan Salt Crystals, this body renewal is subtly massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension.

Benefits: On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

Pinecay Body Wrap

**detoxifying,
energizing,
and
restoration**



Pinecay Body Wrap

BODY WRAP FOR BIO-ENERGIZING

90 minutes \$270

Detoxifying - Cleansing - Energizing
For sluggish and tired body & mind

In this deeply rejuvenating treatment, an energizing and detoxifying scrub is intensified by the addition of a mud wrap, drawing deeper toxins from the cells. Revitalizing the skin and lymphatic system, the wrap physically detoxifies and cleanses the body, removing waste products, re-energizing and softening skin.

Benefits: Promotes profound healing in the energy body.

ENERGISING & DETOXIFYING BODY RENEWAL

60 minutes \$210

Toning - Illuminates skin - Cleansing
For exhaustion & combatting cellulite

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Treatment ritual: ila core full body massage, marma therapy, shower, full body oil/cream application.

Pinecay Nails



refresh,
relax,
and
pamper

Pinecay Nails

SAND DOLLAR MANICURE

60 minutes \$75

Complete pampering experience for your hands and fingernails with a wonderful relaxing hand massage with blended oils and cream.

Softens the hands and makes the fingernails look healthier.

SAND DOLLAR PEDICURE

60 minutes \$90

A total makes over for your tired feet that will leave refresh and relaxed.

Warmed aromatherapy oils nourish, and massage will relieve the tension of the feet.

POLISH APPLICATION

20 minutes \$20

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.

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.

