



FACIAL TREATS



Flashy

☞ The perfect treat for those who want just a deep clean refresher facial to revitalize and tingle the senses, for a fresh look and feel.

30min \$85

Ladies' & Gentlemen's Facial

☞ Our treatment features the Sphatika Skincare Line, offering pure, natural, chemical-free botanical products of the highest quality. Rich with natural antioxidants and other nourishing ingredients, these products promote softer and firmer-feeling skin. The uniquely uplifting aromatic quality of Sphatika comes from their signature blend of Bulgarian Rose, Geranium, Lavender, and Frankincense essential oils, or the Mandarin, Grapefruit and Bergamot blends in their citrus products. The Elixir of Quartz Crystals in all Sphatika products synergizes and enhances the natural ingredients in each product.

This experience includes a cleansing program, followed by a mask and a boosting serum. A de-stressing and re-vitalizing massage for face, head, neck and will transport you to another world, while the finishing application of Gold Finishing Serum will leave your skin radiant.

All skin types 50min \$108

Thirst Quencher

☞ The must-have for sun lovers!

This soothing, cooling and re-hydrating face treatment is pure heaven for sun-kissed skin, and also for frequent flyers who suffer from dry, dehydrated skin. It reduces redness and burns, offering immediate comfort. We harvest the 100% organic Aloe Vera leaves in our Spa gardens, and prepare a fresh blend before each treatment.

50min \$108

Tree Power

☞ The renowned therapeutic qualities of the Neem tree clarify and detoxify the skin, leaving a clear, glowing complexion. This treatment is especially suited to oily/acne-prone skin. We harvest these 100% organic Neem leaves from the trees in the Spa gardens, and prepare a fresh blend before each treatment.

50min \$108

Aromatic caress

☞ Let us take you on a journey into a sanctuary of well-being – the mesmerizing world of aromatherapy. This luscious, invigorating experience begins with an aromatic back massage, followed by an empowering, aroma foot wrap, a detoxifying compress for the liver and an aroma oil facial. Both body and spirit will enjoy the unique, powerful effects of this deeply relaxing treatment, using 100% therapeutic oils.

80min \$160

Uplifting Essentials

Add to any Facial:

Fresh Bloom

☞ Intensify your facial treatment with this Marine Collagen Sheet Treatment (Face and Neck) for absolute hydration of sun-damaged skin, fine lines and wrinkles. This treatment softens and smoothes the skin and helps to maintain moisture. It will leave a glowing complexion and youthful freshness.

+25min / +\$60

Fresh Eyes

☞ Using pure soluble marine collagen, this luxurious eye treatment leaves the eye contour soft and smooth, and plumps up fine lines and wrinkles.

\$30

Eyebrow styling and shaping

\$20

Eyebrow tint

\$20

Eyelash tint

\$20



Stress Recovery

☞ This de-stressing massage concentrates on the back, neck, shoulders, head and face, and will loosen all those tight muscles that cause back pain and head tension. You will feel balanced and re-energized in just 30minutes!

30min \$75

Swedish Massage

☞ This classic massage improves circulation, eases tension, reduces stress and generally relaxes, unbending the body and the mind. If wished, we can focus on trouble spots.

50min \$110
80min \$175

Deep Tissue

☞ This massage targets chronic tension in muscles that lie far below the surface of the skin.

50min \$120
80min \$190

Sports Massage

☞ A combination of deep tissue and soft tissue massage techniques to stimulate blood circulation and lymph flow. Stretching is applied to loosen sore muscles.

50min \$118

Lymphatic Drainage

☞ Slow movements of hand and thumbs are used in this therapeutic massage to stimulate the lymph flow and accelerate the removal of toxins. This technique promotes health in the lymphatic system as well as other bodily systems such as the circulatory, respiratory, muscular and endocrine systems.

75min \$140

Lymphatic Drainage for Legs

☞ This treatment combats swollen and heavy legs, and is beneficial in reducing fatty deposits which cause the appearance of cellulite.

50min \$118

Thalasso Stone Therapy

☞ A deeply soothing and stimulating technique which uses the healing power of warm volcanic stones. This massage dispels muscle tightness, improves circulation and energy flow.

75min \$180

Please book in advance to allow us 1.5hrs for preparation.

Reflexology

☞ This unwinding ancient treatment focuses on pressure points on the soles of the feet. Each point is connected to body systems and organs - pressure applied to these points eases energy blockages and pain, and improves circulation leaving you with an overall feeling of wellbeing.

30min \$75
50min \$100

Shirodhara

☞ The Shirodhara massage is based on Ayurvedic medicine which has been practiced for more than 5000 years. With the head positioned under an oil fountain, warm oil gently flows onto the forehead, providing a blissful sensation as it streams over the scalp and through the hair.

Mental clarity is improved, blood circulation is enhanced, hair and scalp are nourished and the nervous system is stimulated. This exceptional treatment will immerse you into an ocean of tranquility, and lull you into a state of peacefulness and expanded awareness.

40min \$120

Fusion

In this tempting treatment we bring together Swedish and Thai Massage to help improve flexibility, promote circulation and stimulate the release of toxins throughout the lymphatic system. It is designed to strengthen the body's vital energy so you will emerge with renewed spirit.

50min \$128

Dewdrop

☞ This treatment combines the marvels of Young Living’s Aroma oils with a massage that uses light to medium pressure and gliding strokes to support circulation and the lymphatic system. The oils are selected depending on your specific needs, sprinkled on to the body and gently massaged in from head to toe. This tantalizing session is sure to uplift you physically and emotionally.

50min (+Consultation up to 30min) \$130

Tip: Would you like to use the oil at home? We can mix your personalized therapeutic oil, so you can continue to enjoy the benefits of those precious oils!

Raindrop Technique

☞ This application technique uses a sequence of therapeutic grade A essential oils which are dispensed like droplets of rain from a height of about six inches onto the spine. These oils are lightly brushed with gentle strokes up the spine, along with occasional massage techniques. The powerful oils benefit youthfulness and good health by balancing all major body systems. Other benefits include:

- ☞ Reduction or elimination of backache
- ☞ Relaxation and invigoration
- ☞ Increase in energy levels
- ☞ Release of emotional issues and traumas if locked in the body
- ☞ Elevation of mood and elimination of depression
- ☞ Detoxifying the cells
- ☞ Eliminating bacteria, fungus, yeast, viruses

50min \$155

Floataway

☞ This special kind of body work combines elements of gentle stretching movements with aquatic massage.

With the head cradled by a neck support, and the knees supported by a floating device, the body is rocked, swayed and swung in a soft and effortless way. With the body suspended in the water, the spine, joints and muscles are freed in a unique way, leaving you in a state of deep relaxation which encourages the release of stress and tension.

45min \$100

Please note: Sessions will take place in our Hotel Pool between 8-10am.

Smoothie

☞ This treatment starts with a natural aromatic Salt Scrub which stimulates the circulation and leaves the skin irresistibly soft and smooth. Our Thalgo hydrating lotion completes this treatment, moisturizing for the ultimate glow.

Choose from one of the following therapeutic Aroma Oils:

- ☞ Lavender – has a sweet, floral, herbaceous aroma which is soothing, refreshing, relaxing, and calms irritated skin.
- ☞ Lemongrass – this light, citrus aroma with earthy undertones refreshes, stimulates, and rejuvenates.
- ☞ Eucalyptus – with its fresh invigorating aroma has a cooling, refreshing and energizing effect.

40min \$95

Luscious Coconut

☞ The perfect treat for sensitive skin prone to redness. Escape into the essences of tropical aromas! Our delicious skin smoothing body scrub is made of Coconut Flakes for a gentle exfoliation, Coconut Oil to soften your skin and Ylang-Ylang Aroma Oil to relieve and unwind your soul. After rinsing off in our outdoor shower you will be muffled in Thalgo’s Hydrating Cream, giving your skin a beautiful glow of the tropics.

40min \$95

Body Scrub by Thalgo

☞ A gentle scrub that eliminates dead skin to promote cell renewal. The application of Thalgo’s Hydrating Cream leaves your skin feeling soft and supple.

40min \$95

Cocooning

☞ Experience the ocean's healing and purifying powers with our warm Thalgo Wraps. Feed the body with vital minerals and vitamins while being cocooned in a heating blanket. Let your mind drift away through a stimulating, unwinding head and face massage, or simply by enjoying the breeze and the mesmerizing ocean view.

☞ Mother Earth – Thalgo’s natural Sea Salt and Marine Mud are combined to activate circulation and to reduce fatty deposits. It relaxes the body, relieves muscle pain and joint tension. Perfect for those with iodine sensitivity.
50min \$100

☞ Ocean Power - This micronized Marine Algae Wrap not only tones and softens the skin, but also has a positive effect on cellulite, excess weight and water. Not recommended for those with thyroid problems.
50min \$100

Good Morning Sunshine

☞ The gentle trade winds that make our climate so enrapturing can have the negative effect of disguising the heat of the sun, making us more prone to over-exposure. It is essential to protect and prepare the skin for the outdoors, so what better way to start the day than with a “Provo Pre-Sun Treatment”? We will prepare the skin with a body and facial scrub, then massage in a full application of sunscreen lotion.
40min \$100

Good Night Sunshine

☞ Sun, salt and water are essential, but they also dehydrate the skin. End a sunny day with a soothing Aloe Wrap, followed by a moisturizing body lotion. Or come during the day to cool off and re-hydrate. This treatment is suitable for every (thirsty) skin that needs a little bit more moisture, and especially for sun-drenched and burned skin.
50min \$95

Tip: In case of a burn, you should NOT use lotions or petroleum jelly in the first 48 hours!! These hold in the heat!

Smoke n’ Sizzle

☞ Ear candling is a non-invasive, and relaxing experience! An ear candle is a long hollow tube tapered to the tip that fits comfortably into the ear. The end of the candle is lit and the smoke goes down through the ear canal. The warmth of the smoke allows the ear to eliminate ear wax naturally. It helps clear the sinuses, which can also improve the senses of hearing, smell, taste and balance. This healing technique relieves sinus pressure, swimmer’s ear, ear aches, headaches and other ear-related symptoms.
40min \$75

Manilicious

☞ Give your hard working hands a treat, and let them relax while we clean the cuticles, and reshape, buff and polish the nails for the ultimate grooming. An invigorating hand massage dispels tension and re-hydrates tired hands.
50min \$70

Foot Soother

☞ Give your feet some extra attention and a timeout from carrying you through life. Delight in a soothing foot soak followed by a lavender-mint exfoliating treatment, nail shaping, cuticle removal as well as nail polish to maintain healthy well-groomed feet. Our foot massage will ease stress and strain from tired feet.
50min \$70



PACKAGES



Pearl Of Beauty

☞ Be beautiful inside and outside! Enjoy a tension relieving, de-stressing Swedish Massage, followed by a facial, and a blissful Manicure and Pedicure.

Massage (50min) – Facial – Manicure – Pedicure
Allow 3.5 hrs \$322

Island Ritual

☞ A head-to-toe treatment especially for the sun worshipper that leaves every inch of the body buffed, massaged and nourished! It sets in with an aroma oil scrub, followed by a cooling and moisturizing Aloe Wrap, a mellowing Swedish Massage, and is completed by an uplifting Aloe Facial.

Scrub - Wrap - Massage (50min) – Facial
Allow 3hrs \$370

Journey's End

☞ This relieving and reviving treatment is the end of a long journey and a perfect start to your vacation. Let us dispel the effects of dry airplane air, uncomfortable seating and the stress of the pre-vacation days with a moisturizing Aloe Wrap, a tension relieving back-head-neck massage, a lymphatic drainage to combat heavy, swollen legs and feet, and a hydrating facial. You will hardly remember the trip.

Aloe Wrap – Back/Head/Neck Massage – Lymphatic Drainage for Legs – Aloe Facial

Allow 3hrs \$360

Escape to the Extraordinary

☞ Wouldn't it be nice to enjoy treatments you won't find in just any spa? Try our enticing selection of Point Grace Signature Treatments:

Fusion Massage – Raindrop Technique – Aromatic Caress (Facial) – Floataway

Treatments over at least 2 Days \$485

Beach Beauty

☞ If you are looking for a treatment that diminishes joint and muscle tension, helps reshape the figure, reduces cellulite and excess water, activates circulation and metabolism, and also provides well-being and relaxation, then you should try our 3-Day Program:

Day One: Salt Scrub – Algae Wrap – Lymphatic Drainage

Day Two: Mud Wrap – Swedish Massage

Day Three: Algae Wrap – Lymphatic Drainage

Treatments over 3 Days (Want to extend? No problem!) \$700

Massage Lovers

☞ The ultimate package for those who can't decide which massage to choose, or simply for those who can't get enough! This incredible combo offers a Hot Stone Massage, Foot Reflexology (50min), Fusion Massage and an Aroma Oil Massage.

Treatments over 4 Days \$460

Gentleman's Design

Especially designed for men! We start the Gentleman's spa experience with a Scrub to eliminate dead skin, followed by a Deep Tissue Massage to alleviate tight and sore muscles, and a regenerating facial to make the skin glow. Complete the treatment with your choice of a manicure or pedicure.

Scrub – Deep Tissue – Facial – Manicure or Pedicure

Allow 3.5 hrs \$353



POINTS OF INTEREST



Spa Arrival

☞ Please understand that late arrivals will not receive an extension of scheduled treatments in order that our next guest will not be inconvenienced. Please plan to arrive at least 5 minutes before your treatment.

Cancellation Policy

☞ Guests who wish to change or cancel an appointment are kindly requested to provide a minimum of 12 hours' notice, otherwise the full cost of the treatment will be charged.

Spa Etiquette

☞ Our Spa is a place of tranquility and relaxation. Please respect the spa guests' right to privacy and serenity. We kindly ask that all cellular phones are turned off while at the spa.

Your Health

☞ We prefer that you inform us of any health conditions, allergies, injuries or pregnancy when making your spa reservation and/or before the beginning of your treatment. Consumption of alcohol before or directly after spa treatments is not recommended.

In Room Massage

☞ In room massages for Hotel Guests are available at an additional cost of \$40.

Service Charge

☞ All treatments are subject to 10% Hotel Service Charge. Tips are left to your discretion.

Kids At The Spa

☞ Your Little Ones between 5 and 12 are more than welcome at our Spa! Why not treat them every now and then, they need it!

Mini Massage

☞ A 30-minute relaxing full body or back massage helps to unwind after a fun day of being active in the water and playing in the sun.

30min \$50

Mini Cooling Wrap

☞ Fresh Aloe helps to re-hydrate and cool sun-strained and sun-burned skin.

50min \$45

Mini Manicure/Mini Pedicure

☞ Nice, clean hands and feet, plus a lovely splash of color on the nails, isn't that what girls want???

Each 40min \$40

Revitalize, rebalance, renew...

Spa treatments by appointment: 946.5096 Ext. **4129**