



THE SPA

Coral Reef Club

BARBADOS





THE SPA

The Spa at Coral Reef Club is an idyllic sanctuary with a contemporary feel offering an unparalleled experience to the Spa guest. Each treatment room has its own private garden terrace filled with the riches of the Caribbean.

The Thermal Spa Garden is nestled quietly in lush surroundings. Tranquil waterfalls entice complete relaxation and calmness. Shaded cabanas frame an invigorating Hydro Pool allowing soothing water jets to refresh and rejuvenate. Tensions evaporate in the warmth of the Steam Room harnessing the positive energy of the amethyst geode. Revitalize afterwards in the snail shaped Experience Shower. The Pavilion, an outdoor treatment suite perfect for couples and friends, offers a unique ambience within the privacy of embracing gardens.

An exclusive range of natural products, designed and produced locally for The Spa, are the perfect complement to our awarding winning product line from Natura Bissé. Bringing innovation to skin care with unsurpassed anti-ageing and revitalizing formulas, Natura Bissé leads in its field. Together these two ranges enable us to offer the ultimate in luxurious and effective treatments.

The Spa – Profound restoration for the body

Opening Hours 10am - 7pm

Closed - Sundays

Yoga - Tuesday & Thursday 8am - 9.15am.

All prices are quoted in Barbados Dollars and include VAT

THE BODY RELAXATION MESSAGES

All 80 minutes services are preceded by a cleansing foot ritual.

		Bds \$
Time for Two – The Pavilion	80 minutes per person	\$400
	50 minutes per person	\$290

Select a massage from our range of Relaxation or Wellbeing massages and enjoy this truly indulgent experience in the privacy of your own tropical garden pavilion with someone special.

Body wraps and scrubs can also be enjoyed in the Pavilion garden.

Caribbean Calm	80 minutes	\$400
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A classic European full body massage preceded by an intense foot massage and eye therapy treatment. Perfect for travellers to reduce swelling and ease muscle tension.

Classic European Massage	50 minutes	\$290
	80 minutes	\$400

A traditional European massage to relax muscles and improve circulation, the perfect way to unwind and relieve muscular tension.

Top Up	30 minutes	\$190
	50 minutes	\$270

A Classic European style massage which targets the back, neck, and shoulders to relieve stiff and aching muscles.

		Bds \$
Lomi-Juma	60 minutes	\$360

Techniques indigenous to the Pacific and the Mediterranean are fused in this flowing rhythmic massage. Muscles are lengthened with stretching manoeuvres improving overall alignment of the body. A simply peaceful experience, perfect after travelling.

WELLNESS MESSAGES

Muscle Melt	50 minutes	\$295
	80 minutes	\$410

A meaningful full body massage for those wishing deeper pressure, targeting specific muscle groups. Slower concentrated movements and friction techniques are used to work into the muscle with soothing essential oils.

Also available as a Top Up Massage working the back, neck and shoulders. 30 minutes \$195

Detox Massage	50 minutes	\$295
With full body brushing	80 minutes	\$410

Designed to detoxify and cleanse the system, this relaxing yet stimulating massage follows a soothing, invigorating sequence. Blended essential oils utilise their potent properties to relieve water retention, improve sluggish digestion and reduce cellulite.

Aroma Fusion Massage	50 minutes	\$295
	80 minutes	\$410

Choose one of our beautiful signature blends of essential oils to accompany this relaxing aromatherapy full body massage. Gentle gliding movements allow the infused oils to work their magic enabling profound restoration for the body.



		Bds \$
Solar Stone Massage	50 minutes	\$295
	80 minutes	\$410

Heated volcanic basalt stones, used for their dense smooth texture and ability to retain heat, help release muscle tension. The combination of long purposeful strokes and warm stones eases muscular and mental stresses making it truly sleep inducing.

Also available as a Top Up Massage working the back, neck and shoulders. 30 minutes \$195

Therapeutic Foot Ritual	20 minutes	\$75
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Allow us to soothe your tired feet with this holistic foot treatment including aromatic skin softening exfoliation and a relaxing massage with aromatherapy oils. Ideal for unwinding after a long journey or simply to kick start your holiday bliss.

Indian Head Massage	60 minutes	\$295
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Invigorating yet soothing, an ancient Indian practice handed down from generation to generation. The perfect way to relieve insomnia, mental stress, fatigue & muscular tension to the head, neck and shoulders.

Pregnancy Massage	60 minutes	\$300
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Suitable for 2nd and 3rd trimester only

A specialized & unique massage technique with traditional European massage movements, to relax muscles and improve circulation. The perfect way to unwind and soothe the mother to be.

Auricular Therapy	60 minutes	\$250
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Using traditional Hopi candles, these hollow tubes of cotton flax are inserted into the ear and burned for 10 -15 minutes per side. The mild vacuum created aids relief of sinus pressure and congestion, headaches and tension. Accompanied by a specialised acupressure point facial massage and sinus drainage techniques.

THE FACE

FACIALS BY NATURA BISSÉ

NATURA BISSÉ defines advanced effective skincare with their inspiring and luxurious products and oil blends. Coupling nature at its best with technology to support and enhance, each of these facials offers a unique and personal skin perfecting result.

		Bds \$
The Skin Specific Facial - Tailor made for individual Skin Types Incorporating Esthetic Technology	70 minutes	\$410

Infused with balancing ingredients and tailored to your unique skin condition, this facial includes esthetic technology chosen to benefit your skin's individual needs. It redefines and hydrates your skin, resulting in a clear, radiant and beautifully balanced complexion.

Citrus Appeal - Reconditioning and Hydrating	60 minutes	\$390
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Citrus Appeal drenches tired skin with essential vitamins and nutrients, providing a healthy boost of energy using a reparative serum abundant in Vitamin C. This anti-oxidant treatment relieves the first signs of premature aging and stimulates collagen production to renew firmness of the skin.

Diamond Experience - Lifting and Anti Ageing	80 minutes	\$695
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This award winning 'must have' anti-ageing facial combats the signs of ageing and deeply nourishes skin cells. A unique facial sensory massage, developed to enhance cellular renewal and firmness, fortifying an immediate 'lift' providing youthful radiance. The Diamond 'Cryo' Repairing face mask drenches your skin with vital moisture whilst your hands and arms are soothed with an expert massage.

Oxygen Awakening - All Skin Types	60 minutes	\$395
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Benefits all skin types that have been exposed to pollution, congestion and the ravages of flying. The Oxygen Finish mask provides deep oxygenation & purification as well as evening of the skin tone.

		Bds \$
Restorative Facial - Sensitive, Delicate or Sun Burnt Skin	60 minutes	\$395

An instant recovery facial designed to de-sensitise, cool and calm irritated skin. It is complemented with an enriched repairing mask, perfect for sun worshipers & hyper sensitivity.

The Cure - Congested Skin Types	60 minutes	\$395
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This deep cleansing facial with its scientific principles and product technology balances the skin perfectly. Extractions are meticulously carried out prior to a foamy textured mask with effervescent feel, tingles the skin resulting in a smooth, even texture.

Luminous Express - Mini Facial for all Skin Types	20 minutes	\$200
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A quick pick me up to revitalize and refresh the skin utilizing Carboxi therapy which exploits the benefits of CO₂ to combat the signs of ageing. A delicate blast of oxygen, combined with advanced anti-ageing and lifting ingredients make this the quickest treat your skin will thank you for.

Huff the Puff Eye Treatment - All Skin Types	30 minutes	\$195
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Illumination for tired eyes! Marine extracts combined with gentle massage therapy help drain away toxins, reducing puffiness and dark circles around the eyes, recapturing a natural and refreshed glow.

FACIAL ENHANCERS

Complement any facial by adding one of the below treatments

Esthetic Technology	Additional 10 minutes	\$45
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High Frequency or Galvanic procedures complement any facial and are especially beneficial for balancing and hydrating moisture levels in the skin.

Luminous Express	Additional 20 minutes	\$150
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Huff the Puff Eye Treatment	Additional 20 minutes	\$120
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RITUALS & COLLECTIONS

COLLECTIONS BY NATURA BISSÉ

*A collection of treatments which provide the ultimate spa experience
and entice complete relaxation.*

		Bds \$
Diamond Magnetic Ritual - Anti-Ageing	90 minutes	\$430

A sophisticated anti-ageing body treatment designed to enhance positive energy and reduce stress. Natura Bissé has developed a unique mud application containing Micronized Iron, Wild Lavender and Diamond Dust exfoliated and removed by magnetisation. Diamond Cream, the ultimate in hydration, is then applied to deeply moisturise within a manipulating massage leaving the skin energised and shimmering. This multi-sensory beauty ritual is supreme amongst body treatments.

'C'ing is believing Ritual - Dehydrated Skin	80 minutes	\$400
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Lavish amounts of Vitamin C used in this Body Scrub and Wrap provide a potent protective treatment for the skin adding vitality and renewed firmness. Natura Bissé's regenerative ingredients and anti ageing properties make this treatment perfect for those lacking elasticity and wishing to safeguard against dehydration and environmental sun damage.

Complete the experience by adding a Citrus Appeal facial to this ritual

Maternal Caress Face and Body Nurturing	60 minutes	\$400
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A gentle, yet nourishing massage using soothing oils and mango butters to fortify elasticity in the skin and ease stress and anxiety.

Bds \$

The Ultimate Diamond Collection

4 hours \$1,300

A combination of Natura Bissé's Diamond Magnetic Body Ritual and the world renowned Diamond Experience Facial make this collection the ultimate indulgence! The body is rejuvenated with a unique mud application containing Micronized Iron, Wild Lavender and Diamond Dust that is gently massaged into the skin. Deeply enriching Diamond Cream then hydrates and beautifies. The face is firmed and youthful radiance restored with the award winning anti-aging Diamond Facial. A light spa lunch refreshes before the experience is completed with our Rejuvenation Manicure. Diamonds truly are a girl's best friend!

Caribbean Ritual

4 hours \$1,190

Aromas of the Caribbean envelop the senses with a Citrus Appeal Facial, Coconut and Pineapple Crème Brûlée enzyme body exfoliant and an 80 minute Aroma Fusion Massage. This sublime Caribbean experience is completed with the Elements Pedicure and a light lunch.

The Pavilion - Spa Retreat for Two

3 hours \$1,450

The definitive relaxing experience to be enjoyed with someone special in the tropical tranquility of your very own private pavilion garden. Experience a Lemongrass and Ginger Body Scrub, followed by an 80 minute Caribbean Calm Massage and The Classic Pedicure. A light lunch is served.

Bespoke packages are also available

SIMPLY NATURAL CARIBBEAN COLLECTION

THE SPA BODY WRAPS & SCRUBS

A unique and exquisite selection of carefully blended active plant extracts, natural clays, fruits and flowers form the basis for treatments that are both richly nourishing and deeply effective. They eliminate excess dead skin cells whilst detoxifying and rejuvenating the skin, leaving it intensely moisturised and softened. Natura Bissé harnesses an alchemy of nature's gifts to create an array of contouring and reviving body treatments.

		Bds \$
Restorative Body - Sun damaged, sensitive skin	60 minutes	\$320

A recovery body treatment by Natura Bissé, with a soothing & cooling combination of desensitizing oils and cooling mud wrap. Perfect for skin irritation, sun burnt or hypersensitive skins.

Body Contour - Cellulite Control	60 minutes	\$300
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Natura Bissé's signature cellulite treatment. A combination of powerful Meso Therapy to stimulate collagen production, Thermal Body Gel and massage techniques. Thalasso Sculpting Body Mask contours the body, defining the silhouette and activating blood circulation. Effective for localized 'spot reduction' to thighs, buttocks or stomach. The end result, smooth skin, perfect for the beach. A course of 3 treatments is recommended for best results.

Mojito Magic - All Skin Types	50 minutes	\$255
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This intensely moisturising body scrub, enriched with sugar cane, mint and a dash of white rum, is a feast for the skin. French suja oil leaves the skin exquisitely smooth and deeply hydrated.

		Bds \$
Pineapple and Coconut Crème Brûlée - Sensitive Skin	50 minutes	\$255

An enzyme exfoliant perfect for sensitive dehydrated skin. This velvety smooth and creamy blend of Coconut and Pineapple delicately exfoliate to leave your skin glowing.

Fresh Lemongrass and Ginger Scrub - All Skin Types	50 minutes	\$255
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An uplifting body scrub made with freshly prepared Lemongrass and Ginger. The exotic signature aroma emanates as the skin is revitalized, leaving it bright, toned and profoundly refreshed.

Marine Body Wrap - Detoxifying	60 minutes	\$315
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Harnessing Ocean Marine Botanicals and Sea Kelps to detoxify, heal and energize inside and out. The skin is left silky smooth with the reduction of fluid retention.

Calming Body Wrap - Sensitive Skin	60 minutes	\$315
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Lavender and Chamomile petals in soothing natural clay calm the skin and relieve internal stress. Accompanied with an acupuncture face & scalp massage.

Synergy Body Wrap - Detoxifying and Harmonising	60 minutes	\$350
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A series of herbal infused clays, bring balance and harmony. Perfect for joint stiffness, digestive imbalance, improved circulation and skin cleansing.

Consider following your wrap or scrub with a massage of choice, the perfect complement to these treatments.



THE HANDS & FEET

All hand and foot treatments include cuticle grooming, filing, clipping and buffing of the nails, a moisturising massage and perfectly applied nail colour or buffing to a natural shine.

		Bds \$
Express File and Polish	15 minutes	\$60
The quickest of fixes to perfectly paint prepared nails or chipped polish.		
Express File and French Finish	20 minutes	\$65
The Classic Manicure	40 minutes	\$95
The Classic Pedicure	45 minutes	\$135

With signature Lemongrass and Ginger infused exfoliant and creams. Includes choice of colour polish.

Elements Manicure	50 minutes	\$125
Elements Pedicure	60 minutes	\$145

Unique and purposefully designed, this treatment is filled with sensory perfumes and holistic rebalancing. Toasted Coconut exfoliates and Jasmine and Neroli nourish, whilst Marine Botanicals detoxify. All encompassed with a massage and calming Cold Stone Therapy.

Rejuvenation Manicure	60 minutes	\$140
Rejuvenation Pedicure	60 minutes	\$165

Natura Bissé's acclaimed anti-aging products are combined with deliciously warm paraffin wax, Vitamin C and SPF 30 to fight sun damage. A heated Lavender Pillow to soothe the neck and shoulders make this treatment the ultimate in luxury for both hands and feet.

		Bds \$
Diamond Manicure	60 minutes	\$210

The most luxurious and pampering manicure. Hands, arms and décolleté are exfoliated with a shimmering Diamond Dust Mud followed by a multi sensory magnetised removal and a revitalising massage. Skin is left energized and illuminated. Completed with any choice of polish finish, including French.

Revival Pedicure	60 minutes	\$150
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This Revival treatment targets poor circulation, swollen joints, strains & sprains - perfect for any sports enthusiast. With exfoliation, massage techniques and cooling gels that soothe tired muscles and calm inflammation. The sensation of lightness can be felt all day long. Cuticle care and nail buffing included.

French finish may be added to any of your manicure or pedicure services		
Additional time	15 minutes	\$20

THE GROOMING LIST

Waxing

Full Leg	\$165
Half Leg	\$105
Bikini Line	\$85
Brazilian	\$165
Under Arms	\$85
Face Wax	\$85
Lip or Chin	\$65
Eyebrow Wax	\$65

Tinting

Eye Lash Tinting	\$75
Eye Brow Tinting	\$50

For additional waxing or beauty services please consult the Spa reception

THE MEN'S CLUB

A selection of treatments tailored just for men.

WELLBEING MESSAGES

Bds \$

Muscle Melt - A meaningful massage for those wishing deeper pressure.	50 minutes	\$295
	80 minutes	\$410
Indian Head Massage - Invigorating yet soothing. Perfect for stress relief.	60 minutes	\$295
Solar Stone Massage - A combination of massage and warm stones.	50 minutes	\$295
	80 minutes	\$410
Quiro Golf Massage	60 minutes	\$360

Unique to Natura Bissé - this full body massage uses a combination of trigger points treatment and massage techniques, muscle relaxing gel and soothing cream, to benefit and alleviate muscle tension and joint stiffness. Perfect for the sports enthusiast.

FACIALS BY NATURA BISSÉ

Gentlemen's Facial	60 minutes	\$395
Designed specifically for male skin this treatment combats under eye circles, stress and the dulling effects of shaving, and is accompanied by an invigorating massage for the scalp, neck and shoulders.		
Restorative Facial - Sensitive, Delicate or Sun Burnt Skin	60 minutes	\$395
The Cure Facial - Congested Skin Types	60 minutes	\$395

HAND & FOOT CARE

Bds \$

Back to Basics - Manicure	30 minutes	\$85
Back to Basics - Pedicure	50 minutes	\$145

This Classic treatment for hands or feet grooms nails and unruly cuticles. Calluses are softened with our deeply enriching signature Lemongrass and Ginger infused creams leaving skin supple. Nail buffing included.

Revival Pedicure	60 minutes	\$150
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This revival treatment targets poor circulation, swollen joints, strains and sprains, perfect for any sports enthusiast. A complete pedicure with massage techniques utilising cooling gels to ease tired muscles and relieve inflammation. The positive effects will be enjoyed all day long. Cuticle care and nail buffing included.

BODY TREATMENTS

Scrubs and Wraps

Choose from our collection of 'Simply Natural' Scrubs and Body Wraps to brighten and nourish tired, dull skin.

GROOMING

Essential Grooming

Chest, back and eyebrow waxing. Consult The Spa reception for more information.



Bds \$

THERMAL SPA GARDEN

Shaded cabanas frame an invigorating Hydro-Therapy Pool fitted with air loungers and body water jets which revitalize and refresh. A stress melting Crystal Steam Room and Experience Shower make tensions simply evaporate. Set within an idyllic natural setting, the Thermal Spa Garden provides the true spa experience. For best results we recommend you allow sufficient time before your treatment to fully appreciate the true benefits of the garden. Please remember to bring your bathing suit.

Complimentary with Spa services exceeding 1 hour

Single day pass	per person	\$75
2 week pass - unlimited use	per person	\$250

Aqua Therapy	50 minutes	\$95
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The perfect way to 'kick start' or balance any exercise or wellness regime - boost your vitality, circulation, and muscular repair along with your all round feel good factor. A therapist guided, Thermal Experience with Hydro Pool exercises, Steam Room cleansing and Experience Shower Revival. Performed in an individually tailored sequence to ensure maximum benefits. Accompanied by a freshly prepared infused 'Juice Shot'.

Complement this experience by selecting one of our Simply Natural Caribbean Body Wraps or Scrubs to follow or add a Wellness Package to suit.

SPA ETIQUETTE

Appointments

Spa Reservations Ext: 2101

Booking Advice

Please notify your therapist of any medical conditions, skin allergies or experience of adverse reactions to products. Also please advise of any recent medical procedures or pregnancy, prior to scheduling your appointment. Allow three days after Botox/fillers or collagen injections before seeking facial treatment.

Age Restrictions

Spa treatments are available to guests aged 13yrs and above. Babies and small children are not permitted within the Spa. 13 - 16yrs using the Thermal Spa Garden must be accompanied by an adult.

Cancellation Policy

We exercise a 12 hour cancellation policy with 100% treatment cost being applied. All spa guests are required to provide credit card details when booking multiple treatments or group bookings.

Arrival

We ask that you arrive 15 minutes prior to your appointment time to fully relax. Completion of our consultation form is required to ensure our therapists can perform treatments best suited to your needs. We offer our guests a reliable treatment schedule. Consequently late arrivals will not receive an extension of their treatment time, however full treatment price will apply.

What to Wear

Robes and slippers are provided within the Spa. We also provide disposable underwear (male and female) to be worn in our Spa Body Treatments. Alternatively you may choose to wear your own underwear or swimwear. Our Spa Therapists are professionally trained in draping techniques to ensure your privacy and comfort.

Swimwear

Please bring swimwear to use in the Steam Room, Experience Shower and outdoor Hydro-Pool. Our facility is unisex so kindly note that nudity in these areas is strictly prohibited and swimwear must be worn at all times. Topless swimwear for ladies is not permitted.

Valuables

We recommend valuables are left within the safety deposit box provided in your room. We cannot be held responsible for any lost items.

Mobile Phones and other Electronic Devices

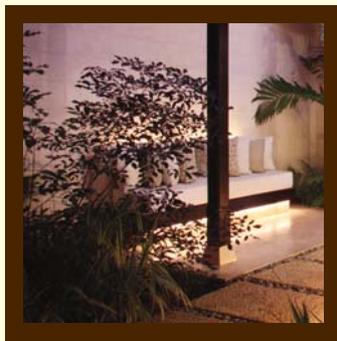
To ensure that peace and tranquility are maintained within the Spa we respectfully request that mobile phones and other electronic devices are placed on silent. Their use is not permitted throughout the Spa or the Spa Gardens. Your kind co-operation in this matter is greatly appreciated.

Gift Certificates

Personalised Gift Certificates are available for purchase for all spa treatments. Certificates are valid for 6 months, are non-transferable and can be redeemed in services only.

Gratuities

10% Service Charge and VAT is included. The service charge is shared amongst all support staff. You may add an additional gratuity for your therapist if you wish, but it is not expected.



THE SPA

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2014