



Garden Spa Menu

Facials - All facials are 60 minutes (US\$75).

1. **Relax and anti-age**

With its alpha-hydroxy acids, antioxidants and high mucilage content, Hibiscus has been crowned "the Botox of plants". Our wonderful facial, with this powerhouse ingredient, will give you fresher, younger, smoother skin that appears more supple and flawless.

2. **Rejuvenate & soothe**

100% pure aloe gel with herbal extracts of gotu kola and horse chestnut will soothe, firm and tighten the skin naturally. Wonderful for irritated or sunburnt skin.

3. **Energise & stimulate cell renewal**

This creamy facial is great for dry skin, giving skin extra moisturizing and a luxuriant glow.

Massage - All massages are 60 minutes (US\$110) except the back, head and neck massage which is 30 minutes (US\$60). Note: all East Winds Massages include the whole body, including face and head. If you prefer that we avoid any part of your body, just let us know before the treatment starts.

1. **Relax with a Swedish Massage** - You choose the level of pressure that suites you best

using a combination of essential oils, Geranium and Orange and classical Swedish Massage strokes, this treatment relieves tension, improves blood circulation and releases stress from your body leaving you relaxed and rejuvenated.

2. **Soothing Traditional Massage** - Light to Medium pressure

Using a combination of Rosewood and Tangerine essential oils this gentle palm stroking massage which originated in Bali, revives the body and mind creating feelings of positivity while soothing your cares away.



3. Energise & stimulate with a Deep Tissue Massage - Firm Pressure

Based on Lemon and Peppermint essential oils this deep tissue massage breaks down tension and muscle spasm leaving you energised and relaxed.

4. Rejuvenating Back Massage - You choose the level of pressure that suites you best

using Natural Coconut Oil, this back, head and neck massage will relieve tension and leave you stress free.

5. Aromatherapy Massage - You choose the level of pressure that suites you best

This wonderful complex therapy founded on Palmarosa, Patchouli and Sandalwood will draw on the power of plants and flowers to drain the lymphatic system of toxins and lactic acids, helping the body to heal, rebalance and rejuvenate.

Reflexology - 60-minute treatment (US\$115).

Reflexology is a non-intrusive ancient healing art which harmonises the body's systems, promoting healing while releasing toxins from the body leaving you with a feeling of positive mental attitude and renewal. Based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body, we concentrate on the feet to identify areas of tension and stress.

Body Wrap - Wraps are 1hr & 15 minutes and will take place in an indoor cottage spa with shower facilities close at hand (US\$110).

1. Feed your body with Chocolate

Using St Lucian natural chocolate your body is scrubbed and then enveloped in a chocolate wrap, feeding your skin with the nutrients and anti-oxidants it craves.

2. Soothe your skin with Aloe

This soothing body scrub and wrap calls upon Aloe to treat sunburn, purify the body and sooth the nerves.



3. Relax your body and skin with Sulphur

Using a relaxing sulphur mud wrap and scrub to help replace vital amino acids. Containing enzymes and ante-bodies to mineralize the body leaving you relaxed and tension free.

Manicure & Pedicure

All treatments are 60 minutes: Manicure - (US\$30) except our special manicure & pedicure which is 1 hr and 15 minutes (US\$65) and the speedy clean and polish which is 40 minutes (US\$20). Pedicure - (US\$40)

1. Manicure or Pedicure

Your hands or feet are left smooth and silky using our scrub, massage, buff, clean and polish. Finished off with your choice of polish.

2. Combined Manicure & Pedicure

As above for both hands and feet

3. Special Manicure or Pedicure

Add a special mineral mask to our standard treatment for a truly luxurious experience.

4. Speedy Clean and Polish

Clean and shape followed by polish for either hands or feet.