



## The Buccaneer Wellness Menu

### **Focused Massage Therapy session 50 minutes \$150**

Choose your Focus - Relax - Slow flow full body relaxation - Refresh - Neck & Back focused - Rebuild - endurance with a sports focused massage - cross friction - focused on your fitness goals & target areas.

### **Immunity Massage 50 Minutes \$165**

Stimulate your lymphatic system - we apply immune boosting essential oils to help clean and clear your immune system. A light pressure lymphatic massage will be applied.

### **Gua Sha Stone Massage 50 minutes \$165**

Deeper tissue massage without the pressure -Gua Sha stones help to loosen tight and restricted areas gently- this technique also flushes lymph to boost immunity.

### **Facial Massage Uplift Therapy - 20 minutes \$140**

Massage therapy techniques are implemented to uplift facial muscles, lesson tension, stimulate collagen - Gua sha - rose Quartz and a Jade roller help to reduce puffiness and tension.

### **Express Back Massage - 20 minutes: \$80**

Express session. Neck & shoulders are massaged with Gua Sha stones to release tension and muscular restrictions.

### **Mommy & Me Pregnancy Massage - 50 minutes \$165**

Massage for the mom to be! A gentle massage which will require extra support and side lying positions for safe practices. Relax as a light massage helps to relieve back and joint pain. Some contraindications may apply. Massage can be provided between 12 - 36 weeks.

### **Honey can you rub my back! 50 minutes \$160**

Be ready for that big question - learn how to give your partner a back and neck massage! Learn how to find knots and & tension to help each other relax with a 1 to 1 massage lesson. You will each learn some of our basic massage techniques for your own personal "at home" use! Making Beachside Memories that you will take home with you! This is an interactive lesson in massage.



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### **Stress Buster in Paradise 45 Minutes \$165**

A wonderful alternative to a full body massage, this treatment is ideally suited for people with chronic muscular neck and shoulder tension, where stress accumulates. Essential oils calm and balance stress levels within the entire body. We begin with a focused massage to the entire back, neck and shoulders. A detoxification mud pack is applied to the upper back, neck and shoulder area. As this softens and relaxes muscles, tired feet are gently massaged with cooling, soothing crème.

### **Bamboo Bliss Massage 45 Minutes \$165**

This is a wonderful service which incorporates the fusion of bamboo sticks into our massage session. It will enhance relaxation and enable the therapist to work deeper into your muscles...you will feel refreshed as your tension melts away.

## Deep Tissue Myotherapy



### **Deep Tissue Therapy 50 minutes \$170**

Myofascial therapy focuses on the deeper layers of your muscles. It can address chronic pain & repetitive muscular patterns as well as old scar tissue from injury. A brief consult, stretching & manual therapy will help you let go and release restrictions. Great for sports pre and post events or the weekend warrior.

### **Deep Tissue Express 20 Minutes \$90**

Myofascial therapy focuses on the deeper layers of your muscles. It can address chronic pain & repetitive muscular patterns as well as old scar tissue from injury. Therapy will be straight to the point in our express session.



**Cocoa Mint to be Massage 50 Minutes \$160**

*Indulge your senses with our ultimate relaxation massage. Experience our delightful signature blend of peppermint and cocoa essential oils. This scent will not only satisfy your sweet tooth but will leave you feeling refreshed & uplifted! Some things are just Mint to be.*



**Age-less facial Deluxe Massage 45 Minutes \$210**

Our facial massage will target areas of tension and stress. A series of warm towel compresses to smooth facial lines. We apply massage techniques & a heated eye mask to help reduce puffiness, lift, relax & tone facial muscles. This allows circulation to your skin & a glowing appearance. We integrate warm stones & mud for detoxifying your neck and shoulder areas.

**Good Karma Mind to Sole Experience 80 minutes \$240**

We begin this experience with a detailed scalp massage using Good Karma aromatherapy. We will incorporate warm towels & an aroma infused facial massage. Next, a heated eye mask to ease tension & reduce puffiness followed by our lavender scented full body relaxation massage. The full experience ends with a therapeutic peppermint foot massage. Mind, Body Sole "Good Karma"





## Integrated Therapy for the Mind, Body & Soul

### **Mind Body Session 50 min \$155.00**

A combination of mindful relaxation, yogic breathing, compression, gentle stretching and aromatherapy allows your mind and body to unwind and promote ease of movement. The practitioner will help you release restrictions to increase flexibility and ease of movement. You can address specific areas of stress and tension.

### **Customized healing session 60 minutes \$170.00**

Our practitioner will combine healing techniques specific to your current needs and wellness goals. A session may include one or more of the following modalities:

Reiki healing session-tuning fork combo. Sound healing combo-guided meditations and visualizations for therapeutics and healing. Acupressure yoga style touch.

### **Yoga Therapy 60 min \$160.00**

Using yoga as a therapeutic lens, welcome to a softer approach to your practice. From the initial consult, assessments, and guidance, yoga therapy is meant to support you to walk away feeling more empowered to meet your responsibilities, and better in your mind, body and heart. All stretches, breath-work and hand-on adjustments are all customized based on your goals, while the coaching/facilitation meets you where you are and give you the tools you need to get from A to B.



## Buccaneer Wellness Spa Information

All services are booked by appointment, when available.

If you have purchased a package from the hotel please let us know when booking your services. We need a credit card to schedule & hold all appointments. Services will be charged to card by Peace of St Croix, Massage Academy VI.

Please confirm your dates of stay & room number when booking your services.

***There is a 100% late cancellation fee & no-show fee with less than 24 hours notice. We require a credit card for non - hotel guests to hold your appointment or ask you to pre purchase a gift certificate for service.***

***Please allow 24 hour notice if you must cancel so we can accommodate another guest. An 18% Gratuity will be added to all services for your convenience. If you wish to leave an additional gratuity with the therapist please do so with cash.***

*CLIENT MUST BE 18 years & older.*

*Treatment times are reserved especially for you. As a courtesy to other guests, late arrivals will only receive their remaining available appointment time.*

### IMPORTANT DIRECTORY INFORMATION

***Massage & wellness services will be provided at Room 124***

***By appointment only***

***Directions to massage & wellness room 124:***

*From entrance gate- please follow signs for arriving guests and reception desk.*

*We are located across from the Historical Sugar Mill at room 124*

*(If coming from front desk area go to entrance by white fountain, we are across the road at room 124)*

Enjoy your services to calm your MIND, BODY & SPIRIT  
Services, schedules, prices & staff are subject to change without notice.

**Book online at the Buccaneer <https://www.thebuccaneer.com/>**

**Amenities /spa**

**Questions - Call 570-977-1902 or Text to 570-977-1900**