



(246) 572-5275
1359zen@gmail.com
13 59 Zen,
106 Poui Ave
Sunset Crest, Barbados.

Swedish Massage *1hour* *\$165*

A full body massage treatment. Specifically tailored to ease tension and relax the entire body while increasing the levels of oxygen in the blood, decreasing muscle toxins and improving circulation and flexibility.

Couples Massage *1hour* *\$340*

Share the experience with someone you love by your side. Two therapist work separately but simultaneously addressing your individual needs.

Deep Tissue Massage *1hour* *\$200*

A therapy that focuses on realigning deeper layers of muscle and connective tissue, especially helpful for chronically tense and contracted areas.

Sports Massage *1hour* *\$190*

A therapy tailored for the individual, to assist in speedy recovery from soreness, stiffness and tension which usually follow strenuous physical activity. Assists in increasing flexibility and range of motion in joints, improving soft tissue function and enhancing your athletic performance.



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Hot Stone Massage *1hour* *\$200*

This therapy uses heat to aid in melting away tension and muscle stiffness while improving circulation. It is specifically designed to help you relax and unwind and reach a deep state of relaxation.

Aromatherapy Massage *1hour* *\$200*

Aromatherapy is a healing therapy that utilizes the properties and aromas of essential plant oils to balance the body's equilibrium and to improve the mind, body and spirit for physical and emotional health and well-being through inhalation and touch.

Zen Indian Head Massage *65mins* *\$160*

This massage is invigorating, revitalizing and an uplifting treatment working on the upper back, shoulders, scalp and face. These areas are massaged with a firm gentle rhythmic fashion using pressure points. This particular form of massage can be used to relieve eyestrain, migraines, stiff necks, shoulders and insomnia.

Hot Stone Back Massage *30mins* *\$130*

This therapy uses heat to aid in melting away tension and muscle stiffness while improving circulation. It is specifically designed to help you relax and unwind and reach a deep state of relaxation.



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Back, Neck & Shoulder Massage 30mins \$110

Stimulating the natural production of endorphins, dopamine and serotonin chemicals in the body. Relieving tension from overuse or repetitive stress.

Classic Body Scrub 1hour \$180

A gentle exfoliating scrub is used to soften, smooth and moisturize your skin. Incorporated with a light full body massage to help boost your circulation and relax the mind and body. **(We recommend that you bring a change of undergarments)**

Anti-Cellulite Body Scrub 1hour ---

Formulated with powerful nourishing ingredients, our sweet cheeks scrub is made with real Barbados brown sugar and freshly roasted coffee beans. Our proprietary blend of anti-cellulite essential oils and extracts are perfectly combined to reduce the appearance of cellulite, brighten, tone and revitalize. Your skin will be left perfectly moisturized and amazingly soft.

(We recommend that you bring a change of undergarments)



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Detox/Cellulite Body Wrap *45mins* *\$180*

Body wraps helps to rid the body of toxins. It stimulates your circulation to draw out impurities and to give the body minerals it needs. Clay is used in this treatment which is natural and nourishing to the skin. A light massage and moisturizing using specialty oils completes this process. **(We recommend that you bring a change of undergarments)**

Backcial *1hour* *\$220*

Designed specifically to induce clean, clear skin, an even complexion and anti-aging benefits on your back. For those with problematic skin or for the occasional therapeutic benefits. Celluma light therapy is incorporated in this treatment for even greater results in tightening and toning the skin. Your therapist will walk you through your consultation and determine the treatment plan necessary to achieve the results you desire.

Zen Recharge *65mins* *\$160*

Recharge your body and mind with this signature treatment which was designed specially with those who are suffering from exertion in mind. Experience an invigorating facial cleanse inclusive of a mesmerizing facial massage.



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This is followed by a grounding foot ritual inclusive of exfoliation and a deep and soothing foot massage with warm basalt stones. To ensure you achieve that place of Zen, 20 minutes of the Kasia Mind Machine experience is added.

Zen Foot Revive

1hour

\$85

Spoil your feet with a warm therapeutic foot soak followed by a cold stone massage of the lower legs and feet. Topped off with a 30 min Red Light Therapy for the soles of the feet.

This treatment is tailored specifically to aid in decreasing inflammation in the soles of the feet and reducing tension and discomfort that comes from standing for long periods.

Cuppin

30mins

\$100

Eliminate tension that manifests as pain and discomfort in the body. Suction cups are applied to the skin which pulls blood to the surface. This saturates the surrounding tissue with fresh blood which helps to reduce inflammation, increase blood flow and promote cell repair and regeneration. Cupping marks left behind on the skin reflects the level of stagnation or cellular waste build up in the muscles. This assists the therapist in tailoring a treatment plan to aid in your recovery.



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Manicure & Pedicure

Enhance the presentation of your hands and feet and feel revived. Each manicure and pedicure is inclusive of a therapeutic soak, clean-up of cuticle area, shaped and buffed nails, removal of dead skin, relaxing massage and for the ladies, polish application from our selection of nail lacquers.

Manicure

<i>Classic</i>	<i>45mins</i>	<i>\$55</i>
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Pedicures

<i>Classic</i>	<i>60mins</i>	<i>\$75</i>
<i>Hot Stone</i>	<i>90mins</i>	<i>\$100</i>
<i>Hydration</i>	<i>90mins</i>	<i>\$100</i>

ADD ONS

<i>Gel Soak Off</i>	<i>\$15</i>
<i>Gel Polish</i>	<i>\$20</i>
<i>Flat Polish Change</i>	<i>\$35</i>
<i>Gel Polish Change</i>	<i>\$55</i>



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Facials

Cleanse, exfoliate, nourish your skin to promote clear, well hydrated, toned complexion all while inducing relaxation.

<i>Classic Facial</i>	<i>45mins</i>	<i>\$125</i>
<i>Acne Facial & Celluma</i>	<i>90mins</i>	<i>\$240</i>
<i>Anti-Aging Facial & Celluma</i>	<i>90mins</i>	<i>\$240</i>

Celluma

Acne *30mins* *\$100*

This Anti-Acne treatment destroys acne-causing bacteria, clears up existing blemishes, and prevents future breakouts before they happen. Guaranteed clearer, smoother and more radiant completion.

Anti-Aging *30mins* *\$100*

Celluma low level light therapy increases collagen and elastin production, reduces the look of fine lines and wrinkles, and Improves skin's firmness and resilience.



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Waxing

<i>Eye brow</i>	<i>\$20</i>
<i>Chin</i>	<i>\$30</i>
<i>Upper Lip</i>	<i>\$20</i>
<i>Underarm</i>	<i>\$40</i>
<i>Arm (half)</i>	<i>\$45</i>
<i>Full Leg</i>	<i>\$85</i>
<i>Half Leg</i>	<i>\$50</i>
<i>Bikini</i>	<i>\$45</i>
<i>Brazilian</i>	<i>\$65</i>
<i>Hollywood</i>	<i>\$80</i>
<i>Eye brow Tinting</i>	<i>\$30</i>

Prices are subject to change without notice, and quoted in BDS dollars