



Visit our  
website

## SPA & ZEN THERAPIES MENU

### 01 MASSAGES

#### Swedish Massage

1 hour | \$165

A full body massage treatment specifically tailored to ease tension and relax the entire body. This treatment increases the levels of oxygen in the blood, decreases muscle toxins while improving circulation and flexibility.

#### Full Body Hot Stone Massage

1 hour | \$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.

#### Deep Tissue Massage

1 hour | \$200

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

#### Aromatherapy Massage

1 hour | \$200

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

#### Zen Lymphatic Acceleration

1 hour | \$170

This massage focuses on using a technique that involves gently manipulating specific areas of your body to encourage the natural drainage to the lymph nodes, which carries waste products away from the tissues back toward the heart, this is coupled with Red Light Therapy. This is ideal for relieving swelling & wound healing.

#### Lymphatic Massage

30 mins | \$85

This massage focuses on using a technique that involves gently manipulating specific areas of your body to encourage the natural drainage to the lymph nodes, which carries waste products away from the tissues back toward the heart. This is ideal for relieving swelling.

#### Couples Massage

1 hour | \$340

Share this therapeutic, relaxing experience with someone you love by your side. Two therapist work separately but simultaneously working to melt away tension and stress while addressing your individual needs.

#### Hot Stone Back Massage

30mins | \$135

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

#### Back, Neck & Shoulder Massage

30 mins | \$115

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

#### Sports Massage

1 hour | \$190

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

#### Zen Indian Head Massage

55 mins | \$175

This invigorating, revitalizing and uplifting treatment concentrates on the upper back, shoulders, scalp and face. These areas are massaged using a rhythmic fashion and pressure point relieve tension, eyestrain, migraines, stiff necks, shoulders and insomnia. The journey continues with a Mind Relaxation session in concert with the massage to holistically revitalizing your body, spirit and soul.





## SPA & ZEN THERAPIES MENU

### 02 BODY THERAPIES

**PFC (Cellulite Treatment)** 8 sessions | \$1250

Project Fight Cellulite is bespoke treatment studied & formulated by our very own Dr. Sean Russell. He uses a unique triple approach which comprises of a special anti-cellulite massage technique, a multi-step skin rejuvenating system, and Red Light Therapy. This treatment is non-invasive, increases collagen production and skin elasticity, tighten and tones the skin, resulting in a healthier and smoother appearance. 13 59 Zen all-natural starter kit is included for home maintenance, along with protocols that makes this journey enjoyable, while ensuring successful results.

**Classic Body Scrub** 1 hour | \$180

Our gentle exfoliating scrub is used to remove dead skin cells from the surface of the skin, helps diminish the appearance of dark spots. A light full body massage is incorporated to help boost your circulation and relax the mind and body. This treatment is guaranteed to leave your skin feeling super supple, soft and silky. *(We recommend that you bring a change of undergarments)*

**Body Wrap** 45mins | \$190

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

**Backcial** 90 Mins. | \$235

Designed specifically to induce clean, clear skin, an even complexion and anti-aging benefits on your back. For those individuals with problematic skin or for the occasional therapeutic benefit. 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** 1 hour | \$170

Recharge your body and mind with this signature treatment which is designed specifically for those who are suffering from exertion in mind. Experience an invigorating facial cleanse, inclusive of a mesmerizing facial massage. The journey continues with a 30 min grounding foot ritual inclusive of exfoliation, a deep and soothing foot massage with warm basalt stones, coupled with the Kasia Mind Relaxation experience, to ensure you achieve that place of Zen

**Zen Foot Revive** 1 hour | \$105

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** 30 mins | \$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.



Visit our  
website

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### 03 MANI & PEDI

Classic Manicure	45 mins   \$60
Classic Pedicure	60 mins   \$85
Hot Stone Pedicure	90 mins   \$110
Hydration Pedicure	90 mins   \$110
Foot Destresser	50 mins   \$135

#### ADD ONS

Gel Soak Off	\$25
Gel Polish	\$55
Flat Polish Change	\$35
Gel Polish Change	\$70

### 04 FACIALS

13 59 Zen Facials caters to all skin types, using all-natural products to cleanse, exfoliate, hydrate and nourish your skin. This treatment includes a **complimentary surprise add on!**

Classic Facial	45 mins   \$125
Celluma Acne Facial	90 mins   \$275
Celluma Anti-Aging Facial	90 mins   \$275

### 05 WAXING

Eyebrow	\$30
Chin	\$35
Upper Lip	\$35
Underarm	\$75 - \$100
Arm (half)	\$70
Full Arm	\$90
Full Leg	\$130
Half Leg	\$80
Bikini	\$65
Brazilian	\$135
Hollywood	\$140
Chest/Back	\$130

### 06 CELLUMA

#### Acne

30 min | \$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 complexion.

#### Anti-Aging

30mins | \$100

Celluma low level light therapy increases collagen and elastin production, reduces the appearance of dark marks, fine lines and wrinkles, while improving your skin's firmness and resilience.

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



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