



Reflections
Spa Barbados

Spa Brochure

Warm and Professional Service

We love what we do and are good at it! But knowing the latest spa techniques is only part of what we offer you. We are true service professionals who delight in making you happy.

Relaxing Environment

Let the scents and sounds of our relaxing spa environment transform your mood from the moment you walk in the door. Unplug and take a break from your everyday stresses with us.

High-Quality Products

We believe in using the highest-quality lotions and oils for all our spa treatments. We guarantee our product line will make you feel nourished and help with that extra feeling of zen.



Sensory Journeys

Bangkok Journey – 3hrs. \$570

This indulgent experience will send your mind, body and soul into a heavenly state. Using our signature products, this treatment begins with a full body scrub followed by a sensory bath ritual. Experience revitalization as it concludes with a Balinese massage and relaxing facial.

The Sands Ritual – 2hrs 45mins. \$540

Bask in the pleasures of a Thai warm poultice herbal massage, then emerge radiant from your perfection facial followed by a botanical bliss pedicure. *Perfect for reducing tension and increasing circulation.*

Reflections Sugar Cane Retreat – 2hrs 30mins. \$440

This package was designed to rejuvenate your body and calm your senses. It begins with an aroma warm foot bath ritual and continues with a nurturing sugar cane warm candle massage. Closes with a personalized facial.

Shambhala Urban Escape – 2hrs. \$490

Begin with a deep exfoliating treatment designed to revive tired skin, followed by a refreshing rain shower bath. Continue to melt away with a warming body wrap designed to soothe body aches and pains. A warm bamboo massage seals your Escape.

Romantic Couples Delight – 2hrs 15mins. \$650

A tranquil retreat just for the two of you; enjoy side by side rose petal warm stone massages designed to bring you harmony, followed by your choice of a back renewal or express facial. Sip on champagne as both of you unwind and pamper your soles with our deluxe pedicures.

Mum to be Spa – 2hrs 30mins. \$465

Drift away with a Spa Day you truly deserve with a gentle massage to alleviate aches and pains followed by a skin specific personalized facial. Then, awaken tired feet with our revitalizing Deluxe Pedicure. (Includes a foot massage designed to relieve fluid retention)

All mums to be must be past their first trimester.

Thai Herbal Massage – 75mins. \$255

Surrender mind and body to the healing benefits of gently steamed herbal poultices. Eastern massage techniques and acupressure movements are combined to take you to a place of renewal.

Four Hand Balinese Massage & Body Polish – 90mins. \$370

This treatment just beams luxury; two therapists take you on an aromatic journey to renewal with a synchronized body polish. Connect to the healing energy of Bali without four hand Balinese massage ritual.

Rose Petal Bath Experience – 45mins. \$175

Find yourself anew, while you bathe in a moment of perfect serenity. Your bath tub is filled with rose petals and rose essential bath salts. Our signature rose candle will be right by your side as you exhale your stress away.

Includes a breathing ritual and sensory scalp massage.

Signature Warm Candle Massage – 75mins. \$240

Experience full body renewal as exquisite body butter blends are warmed to release tired and sore muscles.

Includes dry brushing and a facial cleanse.

Botanical Body Ritual – 90mins. \$260

An indulgent treat from head to toe that restores equilibrium and peace of mind. Treatment includes a back exfoliation ritual followed by a full body customized massage.

Includes warm towel compresses on the face and feet.

Urban Destress Massage (for him) – 80mins. \$230

A variety of massage techniques are used including compression and trigger point therapy, which improves muscle strain, overall balance and flexibility.

Includes dry brushing and a facial cleanse.





Reflections Signature Massage Journey – 75mins. \$205

The fluidity of Thai massage is blended with Deep tissue and Balinese Massage Techniques. This healing massage treatment is a holistic approach to providing deep release to overworked muscles, whilst forming a deep state of sublime relaxation.

Signature Customized Massage – 30mins. \$75 | 60mins. \$165

This targeted massage is customized to your individual needs using Swedish massage techniques.

Aroma Stone Massage – 60mins. \$180 | 90mins. \$260

This healing power of the earth massage restores balance with deep heated stones used along with a fusion of body specific techniques.

Warm Bamboo Massage – 60mins. \$190 | 90mins. \$270

Relieve stress and tension with this relaxing massage using warm bamboo rods and aromatic oils. This massage is excellent for loosening up tight muscles.

Deep Tissue Massage – 30min. \$95 | 60mins. \$200 | 90mins. \$320

Dynamic blends of deep rhythmic techniques are used to release muscle strain with this powerful massage. Your therapist leaves you feeling grounded and more focused. *Stretching is included but optional.*

In Harmony Four Hand Massage – 60mins. \$230

Two therapists work in tandem to restore a sense of well-being using traditional Balinese massage techniques.

Balinese Fusion Massage – 75mins. \$205

This traditional Balinese harmonizing therapeutic massage ritual uses a combination of acupressure and Balinese massage techniques to bring peace to the body and spirit.

Couples Massage – 60mins. \$340

Spend some time together and escape while enjoying side by side massages.
Includes a back exfoliating renewal ritual and a glass of Prosecco.

Pregnancy Massage – 60mins. \$205

Completely relax and feel renewed as our spa professionals provide you with an effective and safe prenatal massage designed to cater to all your body's needs.
Promotes rest and assist with relieving fluid retention.

In-Room Massage – 60mins. \$190

Unwind and exhale with this In-Room soothing aromatherapy body and soul healing massage.
This treatment promotes sleep and encourages a restful time ahead.

Massage 101 – 60mins. \$230

A creative interactive and partner building opportunity for couples to learn how to massage each other. Emerge inspired with professional techniques to use at home.

Massage Add-Ons

Frangipani Hair & Scalp Treatment \$50

A scalp massage, warm towel wrap, relaxing shoulder/neck massage.

Click Heaters - Warm Compress \$20

This Thermal pad can be used nearly anywhere on one's body. This is an Alternative to traditional hot stones used in massage therapy Our heating pads require no pre-heating such as hot stones.

It's perfect for clients with: Shoulder pain, neck & back pain, joint pain, muscle spasms, poor circulation, tennis elbow, sinus pain, migraines.







Hands & Feet

Botanical Bliss Mani/Pedi & Mask – 50mins. \$85 Hands | 70mins. \$110 Feet

Choose your scent: Mango, Citrus, Pomegranate, Coconut or Cucumber Mint.

This treatment greets you with an aromatic nourishing soak followed by nail and cuticle care. Next you will be smoothed down with a tropical sugar scrub, followed by a hydrating foot mask wrapped in warm towels. Finish up with a soothing pressure point massage.

Includes a dry brushing aroma ritual

Signature Manicure or Pedicure – 40mins. \$60 Hands | 55mins. \$85 Feet

Choose from: Sugarcane, Peppermint or Cinnamon.

This signature treatment starts with a warm milk bath soak followed by nail and cuticle care. A tropical scrub is smoothed onto the skin and finished with a warm stone massage. Nails are then polished to perfection.

Essential Express Manicure or Pedicure – 30mins. \$55 Hands | \$70 Feet

Enjoy a warm soak, nail trim and file, cuticle nourishment, relaxing massage and intense moisturizing, followed by a polish application.

Deluxe Hand or Foot Ritual – 45mins. \$70 Hands | \$90 Feet

This traditional Thai ritual begins with dry brushing, followed by a refreshing exfoliation and nurturing massage using a heated herbal poultice.

Foot Fix Prescriptive Pedicure – 55min. \$100

Perfect for those experiencing excessive Dry skin, peeling skin, cracked heels and hard calluses.

Includes polish removal, nail trimming and shaping, anti-microbial foot soak, exfoliating bamboo scrub, cuticle care, conditioning cuticle treatment, dry-heel and callus work, non-greasy moisturizing foot mousse, hydrating lotion foot and lower-leg massage, and your choice of nail polish or buff.



A little extra
something.

Mani & Pedi Add-Ons

Gel Polish Application Added to any nail care treatment – 15mins. \$20

Gel Polish Application Only – 20 to 25mins. \$40
Includes cuticle clean up, rinse, and hydration.

Gel Polish Removal – 15mins. \$25

Paraffin Treatment – 15mins. \$35
Deeply hydrating and perfect for hands and feet.

Click Heaters Warm Compress – \$20
Perfect add-on to further assist with your pampering nail care session. They are warm pads which can be placed anywhere on the body, and are great for: Neck & back pain, joint pain, muscle spasms, poor circulation, sinus pain and migraines.

Callus Removal/Skin Softening – 15mins. \$20
Remove hard calluses and dry skin with this effective treatment.

Facials

Icon Time: Anti-Aging Facial – 80mins. \$200

Icon time skin care is specially formulated to fight wrinkles, saggy skin, and loss of tone which are associated with glycation, one of the main skin aging processes. Enriched with Golden collagenine, an invaluable peptide complex containing colloidal gold, which stimulates the formation of new collagen. *Effective proven results: more toned skin, reduction of wrinkles.*

Probiotic Purifying Facial – 75mins. \$190

Intensive care thanks to the presence of ventilated green clay and detoxifying and moisturizer action, with puri-enzyme, an enzyme complex with an exfoliating and anti-aging effect. It removes impurities in a few minutes and gently refines the skin texture, restoring brightness, firmness, and softness. *Great for Oily/Acne-Prone Skin.*





The Perfection Facial – 60mins. \$160

The perfection skin care from RVB gives an immediate retouching effect, covers flaws and gives the skin new light. Fills the lines and wrinkles. Skin looks smoother and more relaxed.

Effective proven results: increased collagen and elastin production. All Skin Types.

Gents Detox Facial – 50mins. \$175

Designed just for men, this treatment eases razor irritation, provides deep pore cleansing and toning to restore vitality and maintains hydration while protecting and restoring skin. Excellent for all skin types.

Teen Facial – 40mins. \$110

Recommended for both boys and girls going through changes that affect skin's appearance. This soothing treatment deep cleanses pores, calms the skin and breakouts while reducing the appearance of acne scars.

Moisturizing Hydration Facial – 60mins. \$175

A fast-absorbing facial with soft and silky texture to protect the skin. Skin is hydrated and strengthened as well as protected from solar radiation to effectively counteract sign of aging. Stimulates the production of "aquaporin - 3", restoring skin hydration. Also contains hyaluronic, a natural boosting moisturizer, and sun protection factor SPF 15.

White Light Facial – 60mins. \$190

White light skin care is an ultra-concentrated brightening treatment designed to reduce dark spots and imperfections as well as hyperpigmentation. This treatment is ideal to even out the complexion and refine the texture of the skin. It acts on the localized accumulation of melanin and fights the factors that stimulate its excessive synthesis for a more radiant skin and even complexion. *Effective proven results: increased collagen and elastin production, increased production against oxidative stress, and increased hydration of the skin.*

Resurface Peel Treatments

RESURFACE² uses the power of a blend of acids as well as concentrated and carefully selected active ingredients. Visibly reduces wrinkles, acne scars, imperfections and uneven complexion, respecting the delicate skin balance. Enriched with REVIVYL™.

We have three facials:

Fresh up facial (Introductory All skin types) – 25mins. \$100

Initial treatment consisting of one session. It prepares the skin for further and specific exfoliating treatments. For those who are experiencing loss of radiance and an uneven complexion.

Pro Age (Anti Age) – 40mins. \$130 each session

A specific anti-age treatment for those who have visible signs of wrinkles and fine lines.

1 medium intensity session

2 high intensity sessions

A series of 3 sessions are recommended. Purchase 2 and your 3rd is 50% off.

Skin Refine (Anti Imperfections) – 40mins. \$110 each session

A specific Anti-imperfection treatment for those with skin discoloration, juvenile acne after-effects, acne scars and uneven skin texture.

1 medium intensity session

2 high intensity sessions

A series of 3 sessions are recommended. Purchase 2 and your 3rd is 50% off.



Treatment Essentials

LED Light Therapy – 20mins. \$45

Series recommended

LED works by sending energy-producing light into the deepest layers of the skin. The effects plump up skin by boosting collagen production. LED can also help treat mild to moderate acne.

Microdermabrasion – 30mins. \$45

A skin resurfacing treatment which utilizes a stream of micro-crystals projected onto the skin and then vacuumed away. This unique procedure removes dead and flaking skin and stimulates the production of young skin cells and collagen.

Eye Lift and Firming Treatment – 20mins. \$45

This treatment targets wrinkles, puffiness and dark circles.

Our Skincare Partner:

Diego dalla Palma
PROFESSIONAL



We are committed to carrying the finest lines of products that are backed by science and driven by results. A Reflections Esthetician can prescribe the facial products that are best for your skin type so you can maintain healthy skin every day.

Diego Dalla Palma is created in Italy by RVB Skinlab which stands for Research, Value and Beauty. Diego Dalla Palma brings the latest research and ingredients to your skin, fighting free radicals and bringing your skin back into balance.



Body Beauty

Botanical Body Scrub – 45mins. \$110

Choose your scent: Mango, Citrus, Pomegranate, Coconut or Cucumber Mint

This unique Body Scrub cleanses and smoothes the skin leaving it glowing and soft.

Includes massage and aroma breathing ritual

Earth & Flower Body Mask – 60mins. \$150

Earth Clay, crushed petals and floral essences. Perfectly balanced, this aromatic treat draws toxins from within whilst maintaining optimum moisture levels.

***Exotic Coconut Milk and Flowers Bath – 30mins. \$100**

Relaxing and softening

Relax and unwind in a luxurious bath tub filled with our specialized essential oils and soothing salts. This treatment will soothe and nourish your skin.

**Add on to any other spa treatment*

Sea Salt Green Tea & Lemongrass Essence Bath – 30mins. \$110

Purifying and detoxing

Immerse yourself in a bath infused with essential oils. This treatment will relax the muscles and support skin renewal.

Jasmine and Lavender Bath – 30mins. \$110

Healing and soothing

Submerge yourself in our bath tub with this traditional Asian herbal bath. This treatment was designed to relieve sore muscles and ease away tension.

Back Revitalizing Ritual – 50mins. \$130

Healing and soothing

Unlock tension and release stress with this back ritual. Your back is cleansed, exfoliated, a deep massage and purifying back mask follow. A warm bamboo massage to the legs and feet increases circulation and helps to revitalize you, leaving you feeling totally rejuvenated.

Waxing

"Down There" Waxing

Bikini Wax – \$50 | Extended Bikini Wax – \$70 | Hollywood Wax – \$110

Facial Waxing

Eyebrow Wax – \$30 | Eyebrow/Lash Tint – \$40 | Upper Lip/Chin Wax – \$20

Leg Waxing

Full Leg – \$110 | Half Leg – \$65

Arm Waxing

Full Arm – \$80 | Half Arm – \$45

Chest/Back Waxing

Chest or Back Wax – \$80

Little Ones

Mini-me Facial – 30mins. \$40

Gentle facial with scalp and shoulder massage.

Head, Shoulders, Knees and Toes Massage – 20mins. \$40

This pampering session is designed to relax your little one.

Splish Splash - Hands or Feet – 20mins. \$35 Hands | 30mins. \$40 Feet
A relaxing soak, scrub, cuticle work, gentle massage and polish application.

Shape and Polish – 10-15mins. \$12

Dazzling Diva Hair Braiding – 20-60mins. \$4 Per Braid

Dazzle and shine with either individual braids or a cornrow style of choice.



Spa Etiquette

Treatment Duration

Our therapy duration indicated corresponds to the length of your treatment at the Spa. We respectfully request that you arrive at least 20 minutes prior to your appointment so that we may acquaint you with our facilities.

Cancellation Policy

Should you need to cancel or reschedule your appointment, we ask that you provide 24 hours' notice to avoid incurring the full therapy fee or voiding Gift Certificates. Cancellations made within 24 hours require a charge of 100% of the treatment price.

Late Arrivals

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service. We encourage you to arrive early to ensure you enjoy the full time you have booked for your self-care.

Personal Belongings

We provide lockers for your personal belongings, but regret that we cannot be responsible for lost or damaged items. We kindly request that you do not wear your jewelry to the spa.

A Moment of Tranquility

Our Spa is a haven of Serenity. For your peace and privacy, please silence all electronic devices.

Service Charge/Gratuities

A 10% service charge will be added to the price of your service(s) for your convenience. Additional gratuities are a matter of personal discretion, reflecting your satisfaction with the services provided.



Monday – Thursday. 9:00am - 5:30pm
Friday & Saturday. 9:30am - 6:00pm
Sunday. 10:00am - 4:00pm

All prices are in Barbados Currency (BBD)
Inclusive of 7.5% vat and 2.5% room levy

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