



# THE SPA

AT COLONY CLUB

The Spa at Colony Club is a tranquil retreat that provides an exclusive and luxurious spa experience for our guests. We believe that everything in life needs to work in harmony in order to achieve perfect equilibrium. With a focus on restoring balance in the body, mind and skin, our skilled therapists will guide you on this journey using the Five Elements theory: Wood for Rejuvenation, Fire for Energy, Earth for Balance, Metal for Detoxification or Water to Soothe.

Our luxurious, solution driven spa treatments work to minimise the effects of seasonal, lifestyle, dietary, hormonal and environmental change by combining the most innovative technology with natural botanicals to bring ultimate skin nutrition and improved wellbeing for our clients. Our product line is the award winning Elemental Herbology, boasting 100% natural products to ensure your skin is cared for from the inside out.

## BESPOKE SCENT

Colony Club's bespoke signature scent is an aromatic essential oil blend of Lemongrass and Ylang Ylang. Infused in the hotel's cold towels and diffused throughout key public areas, the fresh floral, sweet, slightly fruity and citrusy aroma of the signature scent provides an unforgettable sensory experience for guests that instantly calms and brings about a sense of relaxation.



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FACIALS

## **Five Element Aroma Facial 60 mins \$216**

Replenish your face with this customised facial to harmonise the Five Elements and address the key underlying concerns of the skin. Incorporating deep cleansing, exfoliation, nourishment and a luxurious facial massage, this treatment replenishes the skin giving you immediate and long-lasting results.

## **Rejuvenating Age Support Facial 90 mins \$315**

Retain your youthful looks with this transformational facial that addresses the key underlying causes of physiological ageing and delivers both immediate and long-lasting results. With deep cleanse and exfoliation used to repair and revitalize, the skin's tone, elasticity, radiance and moisture levels are profoundly improved.

## **Clear Cleanse Facial 60 mins \$237**

An intensive detoxifying facial that harnesses the power of natural botanicals including Tea-Tree, Green Tea and Amazonian Clay to eliminate toxins and drastically reduce blemishes and breakouts to restore a clear, clean and balanced complexion.

## **Moisture Replenish Hydrating Facial 60 mins \$237**

Banish those lines and wrinkles. Reduced skin hydration is one of the major causes of pre-mature ageing. Hydrating botanicals are used to improve the absorption of nutrients for skin that is plumped, firmed, nourished and intensively moisturised. Perfect après flight to combat the signs of dry, mature and exhausted skin.

## **Radiance and Vitality Skin Brightening Facial 60 mins \$237**

Skin brightening ingredients including Vitamin C, AHA's, Manuka Honey and Kombuchka dramatically enhance skin tone and texture for a complexion that looks and feels smoother and more radiant.

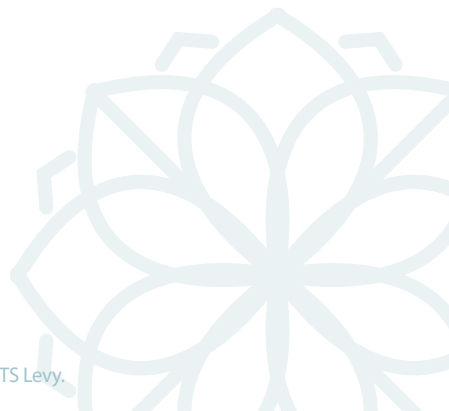
## **Gentlemen's Facial 60 mins \$237**

Designed specifically for the needs of male skin for a refreshed, clear and revitalized complexion. Natural botanicals are used to exfoliate before a nourishing mask is applied to protect against environmental damage.

## **Facial Booster – Age Support Eye Lift 30 mins \$132**

Reduce the appearance of fine lines, wrinkles, puffiness and dark circles. Plumping and smoothing Plant Peptides, Blue-Green Algae and Proteins are combined with targeted lymphatic drainage and Acupressure to reduce these visible signs of aging. The perfect addition to any facial.

All prices are quoted in BDS and are inclusive of VAT and DTS Levy.





### **Five Element Aroma Massage**

**60 mins \$216/90 mins \$315**

This personalized full body massage focuses on any areas of concern to leave you feeling relaxed and refreshed. A Five Element essential oil blend will be used during the treatment specific to your needs and lifestyle; Wood for Rejuvenation, Fire for Zest, Earth for Balance, Metal for Detoxifying or Water to Soothe.

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### **Ho-Leaf and Rosemary Deep Tissue Muscle Melt Massage**

**60 mins \$216 90 mins \$315**

Combining stimulating Ho Leaf, Lemongrass, Nutmeg and Rosemary with deep tissue massage therapy, this concentrated treatment will unravel tension in sore and tight muscles, relieve deep stress and enhance the body's circulation.

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### **Oriental Balancing Massage**

**60 mins \$226/ 90 mins \$321**

Therapeutic, warming and invigorating, this spirited massage integrates Thai herbal compresses with stretches and acupressure. Helps to energise the body's flow of Qi, release tight muscles and promote a feeling of optimum well-being.

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### **Pre-Natal Well-Being Massage**

**60 mins \$216**

A massage developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease an aching back, shift fluid retention, alleviate stretch marks and promote a state of calm and optimum well-being. Using an infusion of Mandarin, Rose and Lavender Flower, our pre-natal massage is a must for any mother-to-be.

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### **Frankincense Scalp Massage**

**30 mins \$105**

This relaxing scalp treatment begins with an acupressure massage to calm and centre the mind, Frankincense is used with your chosen Five Element oil blend to nourish the scalp and leave you in a state of total bliss.

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### **Five Element Foot Soak and Massage**

**30 mins \$142**

Revive tired feet with this luxurious foot soak and acupressure foot massage followed by a restorative foot tonic.

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# BODY TREATMENTS

## **Colony Bespoke Scrub**

**45 mins \$142**

Designed exclusively for Colony Club, this treatment begins with a Ylang Ylang essential oil to relax the body and mind. You will then be gently buffed using natural exfoliating Himalayan Salts infused with Lemongrass to relieve muscle tension and reveal glowing skin. This is followed by the application of a cooling tropical infusion for super soft, healthy skin from head to toe.

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## **Macadamia and Papaya Body Scrub**

**45 mins \$184**

Reveal radiant and glowing skin with our Sea Salt, Sugar & Papaya scrub infused with Macadamia to nourish and hydrate. Finally, a cooling Watermelon & Cucumber moisturiser is applied for long lasting hydration and a subtle glow.

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## **Coconut Shell Cream Body Scrub**

**45mins \$126**

Velvet soft skin awaits with this gently exfoliating scrub treatment. Coconut Shell Cream Body Scrub is applied to delicately buff and polish for smooth skin. Your chosen Five Element Oil is then applied to deeply nourish and hydrate while creating a bespoke aromatherapy experience.

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## **Aloe and Cucumber Nourishing Wrap**

**60 mins \$205**

Cool and soothe sun drenched skin with an Aloe and Cucumber wrap. While cocooned in this comforting wrap, relax and let your thoughts drift away as your therapist performs a gentle scalp massage followed by an application of an exotic oil blend. Skin is left nourished and deeply hydrated.

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## **Grapefruit & Rosemary Detox Wrap**

**90 mins \$205**

Reduce fluid retention, invigorate circulation and remove toxins with this warming wrap using Purifying Kaolin Clay infused with Rosemary, Grapefruit and Juniper Berry. While the natural botanicals work their magic, feel the tension melt away as you enjoy a relaxing scalp and feet massage. Once the mask is removed, a detoxifying massage is performed followed by a circulation boosting serum to leave you revitalized.



# MANICURE & PEDICURE

## **Express Manicure:** **30 mins \$58**

A basic shape and buffing of the nails, followed by a light soak and moisturization of the cuticles and your choice of nail polish.

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## **Colony Manicure** **45 mins \$105**

Your hands and arms will feel refreshed as Essie's exfoliating scrub with aloe vera and milled loofah gently exfoliate dead cells and prepare the hands for intense moisturizing. Intensive hand lotion containing a nourishing blend of coriander and glycerin is used to maintain moisture and leave the hands feeling soft and supple.

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## **Colony Luxury Manicure** **60 mins \$126**

This luxurious manicure is a facial for the hands. Cleansing, exfoliation, a relaxing hand massage and Essie's Softening Hand Masque containing Vitamin E and botanical extracts are applied to prepare the hand and nails for the paraffin dip that will seal in the moisture and leave them feeling fully nourished.

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## **Express Pedicure** **30 mins \$79**

A light soak of the feet is followed by a basic shaping and buffing of the nails, moisturization of the cuticles and your choice of nail polish.

## **Colony Pedicure** **60 mins \$121**

This pedicure uses aloe vera and milled loofah combined with a delightful citrus scent to gently buff away dead skin cells to reveal softer skin. Get ready to walk on sunshine as Essie's Feet in the Clouds Leg and Foot Creme is applied which contains royal jelly extract and shea butter and offers extreme hydration to thirsty skin. Your feet will feel baby soft.

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## **Colony Luxury Pedicure** **75mins \$137**

Renew your feet by indulging in this luxurious pedicure that will soften any rough and dry patches using a citrus scented exfoliant followed by a relaxing foot massage and application of Essie's Softening Foot Masque. To complete this ritual, paraffin is applied to nourish and moisturize the feet and release any tension and will give you the feeling that you are walking on air.

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<b>File and Polish Change</b>	<b>20 mins \$37</b>
<b>Gelish Manicure</b>	<b>75 mins \$142</b>
<b>Gelish Pedicure</b>	<b>90 mins \$153</b>

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# WAXING

<b>Half Leg</b>	<b>30 mins</b>	<b>\$84</b>
<b>Full Leg</b>	<b>45 mins</b>	<b>\$121</b>
<b>Bikini Wax</b>	<b>30 mins</b>	<b>\$74</b>
<b>Brazilian Wax</b>	<b>45 mins</b>	<b>\$100</b>
<b>Underarm Wax</b>	<b>15 mins</b>	<b>\$53</b>
<b>Lip Wax</b>	<b>15 mins</b>	<b>\$37</b>
<b>Chin Wax</b>	<b>15 mins</b>	<b>\$37</b>
<b>Eyebrow</b>	<b>15 mins</b>	<b>\$42</b>
<b>Back</b>	<b>45 mins</b>	<b>\$137</b>
<b>Chest</b>	<b>45 mins</b>	<b>\$137</b>



# SPA PACKAGES

## **Elemental Harmony Couples Treatment** **90 mins \$600**

Reconnect with your partner and spend quality time together as you unwind, relax and restore with our romantic couples experience that will bring you back to harmony. This indulgent treatment for two includes a relaxing scalp massage followed by a back massage featuring a sensual essential oil blend that will leave you both feeling energized and invigorated. Finally, a refreshing and restorative facial will leave you both blissfully happy and looking your best.

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## **Sun Salutation Ritual** **90 mins \$357**

This nourishing ritual begins with an exfoliation using a tropical combination of Papaya, Macadamia, Sugar and Sea Salt to gently shed dead skin cells followed by a cooling Cucumber and Aloe wrap. While the wrap is activating, a soothing scalp Acupressure massage is delivered to release tension and encourage relaxation. After removing the wrap, your therapist will apply our signature elemental oil blend to nourish skin and leave you glowing from head to toe.

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## **Elemental Bliss Ritual** **160 mins \$462**

The ultimate spa experience to leave the mind feeling still, centred and content and your skin nourished, soft and radiant. This top-to-toe ritual commences with a soothing and indulgent body massage. The ritual concludes with a nourishing and hydrating moisture booster facial, soothing warm oil scalp massage and stress-releasing foot massage

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## **SPA LOUNGE**

Before or after your spa treatments, relax in our inviting Spa Lounge.



# SPA ETIQUETTE

## **SPA HOURS**

The Spa is open 10:00 a.m. – 6:00 p.m. daily excluding Mondays.

## **SCHEDULING AN APPOINTMENT**

To schedule an appointment, please visit The Spa or call (246) 432-2393 Ext 5034

## **AGE REQUIREMENT**

The Spa is an adult only environment. The minimum age requirement for the Spa is 18 years.

## **HEALTH CONDITIONS**

Kindly advise the Spa Receptionist at the time of booking if you have any health concerns, allergies or injuries that may affect the treatment that you are choosing. Appropriate treatment recommendations will then be made.

## **CANCELLATION POLICY**

If you must cancel or reschedule your spa reservation, please notify us at least 4 hours or more prior to your scheduled treatment time. Cancellations made with less than 4 hour's notice will incur a 50% fee. If there is a no-show the treatment is charged in full.

## **ARRIVAL**

We kindly ask that you arrive at least 30 minutes prior to your appointment time so that you can change and relax ahead of your treatment and take full advantage of the use of the sauna, steam room and relaxation area. Should you arrive late, your treatment time will result in a reduction.

## **ATTIRE**

Luxurious robes, slippers and towels are provided at The Spa. We also provide disposable underwear to be worn during body scrubs and wraps.



# THE SPA

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COLONY CLUB

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