

Tranquility Body Soul & Spa invites you to experience the ultimate indulgence and complete your escape from the day-to-day stress and pressures of the modern world. Choose an exquisite treatment that will refresh, beautify, soften and cleanse - leaving your mind, body and soul in a state of pure tranquility.

GENERAL INFORMATION

SPA HOURS

Monday through Sunday from 9:00 a.m. to 5:00 p.m.

RESERVATIONS

To ensure availability, please make reservations for Spa services in advance.

CANCELLATIONS

All cancellations made 24 hours or less from the scheduled time will incur a charge of 50% of the treatment price. Cancellations made 2 hours or less, and no shows, will be charged in full.

RESCHEDULING

Rescheduling a treatment 6 hours or less from the scheduled time will incur a charge of 50% of the treatment price; rescheduling 2 hours or less will incur a full charge.

ARRIVAL TIME

We ask that you arrive at least 15 minutes before your appointment. Please note that if you are late, your treatment time will be modified and the full price will be applied.

CHILDREN

Children under 16 year must be accompanied by an adult when scheduling or receiving spa services.

PERSONAL VALUABLES

The Spa accepts no responsibility for the safety of your valuables and we ask that they be removed prior to your visit.

CLIENT CARE & HEALTH CONSIDERATIONS

We aim to protect your modesty during all treatments and encourage you to disrobe to your level of comfort. Prior to your treatment, we will require you to complete a consultation form with an insight to your most current medical status. Please note that treatments often stimulate increased blood flow which may be inadvisable for those with certain medical conditions; therefore treatments on ladies in the first trimester of pregnancy will be limited to manicures, pedicures and hair care.

PAYMENT

We accept cash, all major credit cards, or the bill can be charged to your room. For your convenience the 15% ABST (Antigua and Barbuda Sales Tax), will be added automatically to your bill.

GRATUITIES

Our staff strives to do all we can to assure your satisfaction and tranquility. If you feel that we were successful and wish to show your appreciation, gratuities are happily accepted. Amounts are totally at your discretion, typically range from 10% to 25%, and may be paid directly to your therapist or added to your bill.



Face THERAPY

Deep Clean Facial 60 Min
One of the most complete and personalized deep pore cleansing treatments that you will ever experience. Customized for normal, sensitive, dry or oily skin types. This sumptuous facial allows the skin to be deeply cleansed, leaving it moisturized and protected.

Luminous "C" and Sea Facial 60 Min
A potent blend of stabilized vitamin "C" with the latest high-tech formulation of freeze dried Seaweed. Ideal for reducing fine lines, strengthening elasticity and providing relief for dull, dehydrated and sun damaged skin.

Refreshing Hydration 60 Min
Plantomer Mask. Visibly enhance your skin's texture and maximize hydration. This refreshing liftoff mask combines the hydrating benefits of Seaweed with revitalizing Propolis, a natural healing and desensitizing substance. Soothing, nourishing and calming, it renders skin undeniably radiant.



SIGNATURE FACIALS FOR HER

Caviar & Pearl Facial (Anti-Aging) 80 Min
This luxurious, decadent infuses skin with age defying Nutrients-Caviar Extract, Pearl Extract and Escutox (a revolutionary blend of phyto-extracts). An opulent anti-aging treatment that softens and smoothes lines, strengthens elasticity, and provides immediate radiance and an unequivocal youthful glow.

SIGNATURE FACIALS FOR HIM

Men's Rejuvenating Facial 60 Min
This conditioning facial is designed specially for men. After cleansing, steaming and exfoliating, the skin is treated to soothing and hydrating botanicals for a clearer, firmer, and more youthful look. You will leave feeling fresh and relaxed.

FACIAL UPGRADES

Radiant Eye Treatment (Add to any treatment)
Youthful Lip Treatment (Add to any treatment)



Massage THERAPY

Spa Tranquility Well Being Massage 60 Min
Tranquility Body & Soul Spa signature massage, a relaxing experience incorporating Swedish massage techniques as well as movements designed to improve circulation, ease tension, reduce stress and relax the body.

Back Massage or Head Massage 30/60 Min
Great for those who would like to concentrate in this area of back, shoulder, neck and head.

Pregnancy Massage 60 Min
This soothing and gentle massage eases muscle tension and fatigue during pregnancy, focusing on the special needs of the mother-to-be. (Must be more than 3 months)

Reflexology 60 Min
Release life's tensions through the energy meridians of the body located on the soles of your feet. Delight in this relaxing, therapeutic foot massage that improves circulation and restores energy flow throughout the entire body.

Sport Massage 60 Min
No matter what your sport or activity, this massage helps reduce tension, increase range of motion, and provide a focused warm-up for critical joints and muscle groups.

Deep Tissue Massage 60 Min
Feel the need for a really deep massage? Put yourself in our expert therapist hands for a deep tissue massage experience that provides the best therapeutic modalities for releasing deep muscle layers. It's the ultimate muscle meltdown.

Aromatherapy Massage 75 Min
Enjoy all-natural, sense-seducing escape from the everyday world. Nourish the skin, eliminate toxins and strengthen the immune system while contributing to equilibrium of mind, body and spirit. This fragrant, full body treatment is the ultimate healthy pleasure. Just breathe.

Sabai Stone Massage 60 Min
The combination of massage and stone placement circling the spine, radiating through the shoulders and neck, and flowing down the legs to the feet, melts away tension within the body. The hot stones are known to facilitate the flow of relaxation through the mind, body and spirit.

Body THERAPY

Aromatic Salt Glow 45 Min
Restore your skin's radiant glow with an exfoliating sea salt enriched with Ylang Ylang, Tangerine and Lavender. As these delightful aromas entice your senses, the body is gently polished, rendering skin silky-smooth and mineralized.

Detox Seaweed Wrap 75 Min
Wrap yourself in Seaweed Therapy. This effective treatment detoxifies and remineralizes dry, depleted skin. Your body is covered with warm micronized seaweed and gently wrapped. As stress and toxins are eliminated, your entire body resurfaces youthful, replenished and hydrated.

Aromatic Moor Mud Wrap 75 Min
Moor Mud, rich in essential oils (Lemon, Orange, Lavender and Sandalwood), envelops your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and stress vanishes. Ideal for those prone to chronic pain, fatigue, arthritis and post-sports injuries.

Water Lily After Sun Soothing Treatment 45 Min
Immediately relieve your sun damaged or sun sensitive skin with this soothing wrap. Cooling and desensitizing Water Lily, Green Tea, and Chamomile, relieve the discomfort of over exposed skin. Alleviating your skin's burning and stinging sensation, this treatment heals, desensitizes, and decreases skin temperature.

Green Coffee Cellulite Wrap 75 Min
Slim and tone your body with a cutting edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention. Pure 100% Micronized Green Coffee, naturally rich in chlorogenic Acid, Proteins, and essential oils, reduces those spongy, dimply, cellulite areas.

ANTI-AGING BODY THERAPY

Tropicale Escape (Papaya-Pineapple) 75 Min
Drenched with Papaya and Pineapple, this tropical wrap lets you experience a glorious sensory escape, surrounding you with the scents of vanilla and enticing tropical fruits. The skin is deeply nourished and rejuvenated, revealing an astonishing decrease in body crepiness and wrinkles.

Tropicale Oasis (Mango-Passion Fruit) 75 Min
Combining the soothing extracts of Mango and Passion Fruit, this wrap will transport you to a sublime tropical oasis where your senses are gently awakened and phenomenal visible results are obtained. The skin emerges revived, refreshed, smoother, firmer, and vividly brighter.



Salon SERVICES

HANDS AND FEET TREATMENTS

Spa Luxury Manicure 45 Min
A warm hydrating soak, aromatherapy massage, nail shaping and cuticle conditioning. A detox paraffin treatment will leave your hands soothed, polished and painted to perfection.

Spa Luxury Pedicure 50 Min
A warm fragrant footbath begins the relaxation process. Your feet will be buffed with marine sea salts and wrapped in thermal mud, followed by a detox paraffin treatment, then pampered with sensuously textured creams, and finally polished to perfection. The perfect treat for over-worked feet.

Deluxe Manicure | 30 Min
Deluxe Pedicure | 30 Min
Sport Manicure for Men | 30 Min
Sport Pedicure | 30 Min
Paraffin Treatments: Hand, Feet or Both | 15 Min

HAIR CARE TREATMENTS

Ladies' Haircut Hair Conditioning Treatment
Shampoo & Conditioning Hair Braiding Single
Gentlemen's Haircut Hair Braiding Half
Shampoo & Blow Dry Hair Braiding Full
Shampoo / Set Styling (Updo)

MAKE-UP SERVICES

Bridal Make-Up

WAX SERVICES

| | | |
|------------------|-----------------|-----------------|
| Eyebrows | Lip | Chin |
| Underarms | Back | Full Leg |
| Chest | Half Leg | Bikini |
| Brazilian | | |

TRANQUILITY
BODY & SOUL SPA