## **Massage Therapies**

### Swedish Massage

\$70/120/160

Manipulations and movements to stimulate, relax or rehabilitate the body, it relaxes tired muscles and improves circulation 30/60/90 mins

Decleor Aroma Massage

\$75/130/175

Relax or Detox, enjoy a wonderful aromatic massage using specific essential oils 100% pure, natural and effective.

30/60/90 mins

### Deep Tissue Massage

\$75/130/175

Firm with deep penetrating pressure to release soft tissu adhesions, knots, stress accumulation and revert body's muscle to their natural suppleness. 30/60/90

Couple's Massage

\$240/320

If you can't stand to be apart, relax together in our massage room or anywhere for two.

Indian Style Massage

\$140

This is a full body treatment covering face and scalp, Enjoy this traditional, invigorating massage. 75 mins

Thai Massage / Shiatsu

\$150

A combination of stretching, massage & acupressure. Aligns the energy channels of the body. 75 mins

Hot Stone Massage (Sailor's choice)

\$140/180 The warmth of basalt hot stones in this massage

penetrates deeply to relieve stress and muscular tension.

60/90 mins

### Therapeutic Massage

\$130/175

Short, gentle and rhythmic massage stroke using medicated herbal oils, to induce a deep sense of relief and enhance the healing process. 60/90 mins

Lymphatic Drainage

\$120/160

Lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow.

60/90 mins

# Sports Massage

\$130/175

A deep tissue massage often around the joints for treating specific muscle groups. It also stimulates circulation of blood and lymph fluids. 60/90 mins

Pre-natal Massage

60 mins \$120 Hand & Foot Reflexology \$60/100

Specific points on feet and palms are reflexly connected to body organs. By applying pressure, it heals the imbalances within the body. 30/60 mins

One to One Yoga

\$60

A personalized session, tailor-made to suit your needs, for improving concentration, pain relief, to help controlling diabetes and more. (Group add an extra \$20 per person. Course of five yoga sessions (Course groups add an extra \$75 per per

### Acupuncture 1/3/7 Sessions

\$50/100/200

Balance the haphazard flow of energy (Chi) through the meridians. This is especially effective for pain and insomnia 40 mins

### Spa Service Add-ons

- \* Add Hot foot soak with Hot oil foot massage and Hot stone back finale to any kind of massage for an additional \$25. Add 15 minutes to massage time.
- \* Ocean front massage at \$20 extra.



## **Body Treatments**

#### Essential Oil Salt Glow

\$100

Exfoliate using raw sea salt followed by a moisturizing massage. It's a perfect pre-tan treatment. 60 mins

### Decleor Aroma Scrub

\$110

Float away in the wonderful Aromas. Ends with a moisturizing Massage. 60 mins

### Island Ginger & Honey Scrub

\$ 110

Your past falls away as wild honey and organic sugar gently exfoliate and polish. Coconut oil / shea butter infused with wild flower essences & extracts deeply to moisturize. Island grown gingers invigorate boost your energy flow, bringing forth a fresh new look and feeling.

60 mins

\$160

### Island Cooler (Signature treatment)

An invigorating Sea Salt Scrub, followed by rehydrating Aloe Wrap, concludes with a soothing massage. 90 mins

#### Coconut Scrub

\$ 100

## Dead Sea Mud Wrap

\$100

Using an ancient mud that re-mineralizes, exfoliates and detoxifies the body, leaving you revitalized, refined and rejuvenated. 60 mins

### Aloe Sun Burn Relief Wrap

\$100

Locally grown Aloe combined with essential oils and moisturizers which soothe, restore and re-hydrate sun burnt skin. 60 mil

### Herbal Wrap (Skin Care)

\$100

\$120/160

Locally grown neem leaves have therapeutic properties. detoxifies, and reduces blemishes, leaving the skin clear and silky smooth. 60 mins

## **Decleor Detoxifying Seaweed Wrap**

An organic warm Algae is applied and enveloped in a heat retaining thermal wrap to detoxify, tone and nourish. A foot and scalp massage is included with an after moisturizer

#### Spa Service Add-ons

- All our Scrubs and Wraps have a 30 min. Massage included, add-on to a full hour Massage by paying just \$50 more.
- Add-on for Hot Coconut Oil Scalp Massage (10 mins) for only \$20.

# **Avurvedic Treatments**



## Abhyanga (Medicated Oil Massage)

Warm herbal oil is massaged into the skin with a combination of different strokes and intuitive movements. Help to liquify and dislodge toxins from the body.

60 mins

### Poultice Massage

\$130

The entire body is massaged with herbal poultices prepared with various herbs. It is effective in rheumatic disorders and diseases of the skeletal system, reduces body weight and alleviates numbness. 60 mins

### Shirodhara (Stream Medication)

\$130

A continuous stream of medicated warm oil/herbal decoctions is poured onto the forehead. It reduces anxiety, stress, depression, hypertension and deeply conditions 50 mins hair.

## Facial Treatments



### Decleor Deep Cleansing Facial

Enjoy with 100% pure, natural and highly effective aromatic Decleor products, (includes a pressure point back massage for 90 mins.) Ask for Dry / Oily / Sensitive / Anti-aging Skin Facial. 30/60/90 mins

Deep Cleansing Women's & Men's Facial \$60/100 Cleansing, toning, exfoliating and a mask with a relaxing, moisturizing massage. 30/60 mins

Deep Cleansing Herbal Facial

\$60/100

Local hand-picked Neem leaves have therapeutic properties that clarify and detoxify the skin, leaving a smooth, clear complexion. 30/60 mins

Deep Cleansing Aloe Facial

\$60/100

Locally grown Aloe combined with essential oils and hydrating moisturizers soothes, restores and re-hydrates sun burnt skin. 30/60 mins

# **Decleor products for Sale**



Acupressure / Organic Products available

# **Discounted Packages**



Top to Toe

Begin with aromatherapy body massage and give your

face a natural glow with a nourishing facial. As a final touch give in to Spa Manicure or Pedicure. 2½ hrs

Heavenly Body \$160

Invigorate your senses with an indulgent Decleor Aromatherapy Massage and enjoy a nourishing Decleor Mini Facial.

Golden Woman \$200

Two full hours!! Your 90 minutes Swedish massage includes a hot foot soak, aromatherapy, hot oil foot treatment, foot massage and hot stone on the back. Ends with a 30 mins mini facial.

Island Goddess \$400

This is total luxury in paradise. Island Cooler, Full body massage, Facial, ending with a Manicure, Pedicure and 15 mins. Reflexology.

Sinus Care \$120

Breathing exercise, head and face massage with pressure points and marma points - 30 mins.

Head and face massage, steaming with pressure points and marma points – 30 mins.

Acupuncture – 25 mins. 1 or 3 days (90mins)

Gift of the Caribbean \$160

Begins with an Island Ginger Honey Scrub to exfoliate your full body, coconut and lemongrass oils to warm up your skin and stimulate circulation with a deep tissue massage for full body followed by a scalp massage.

90 mins

Caribbean Healing Stones \$25

Experience the healing power of the island beginning with a Fruit seeds Scrub and soothing Seaweed Wrap. Then melt into total relaxation with an hour Hot Stone Massage. A Decleor mini facial completes this blissful experience.

2 ½ hrs

The Circuit \$130

Hand and Foot Massage with mini Facial Massage. 90 mins

## **Hand & Foot Treatments**

Express Pedicure (or) Manicure	20 mins	\$25
Pedicure	45 mins	\$50
- with foot reflexolgy or Paraffin wax	60 mins	\$70
Gel Pedicure		\$75
Manicure	35 mins	\$40
- with hand reflexolgy or Paraffin wax	50 mins	\$55
Gel Manicure		\$65

Nail Art Designs, French are available at Custom pricing an additional \$10. Polish change \$20 / Gel Removal \$20

## Hair Removal





## **Hair Braiding**

Give your hair that unique "Island Look" (Prices reflect minimum charge)

Single Plaints	\$4
Half Crown	\$40+
Full Head	\$60+

## **Mini Treatments**

Decleor Vitality for Eyes	15/30 mins	\$25/40
Cooling Indian Head Massage	30 mins	\$40
Eyelash Tinting		\$25
Eyebrow Tinting		\$25
Henna Tattoo		\$25/45

### **Spa Policies**

- \* Ask for 5 Massages & Get 1 Free
- \* Groups are Welcome. We have a team of 11 therapists.
- \* Please avoid bringing Jewelry and other valuables to the spa.
- There is a 50% fee for cancellation within 4 hours, 100% fee on no-show and no charge for re-scheduling.
- \* Gratuities are left at your own discretion.

### **Mobile Service**

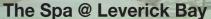
We offer a mobile service if you prefer our therapist to visit you at your Home, Hotel Room, Villa or Yacht for surcharge of \$30 per treatment.

#### **Local Residents**

We offer 15% discount to BVI residents, provided the treatment is taken at the spa. Else normal charges apply.

Gift Vouchers Available.





North Sound, Virgin Gorda, British Virgin Islands.

Call/WhatsApp/iMessage: +1 (284) 346-1235 Email: info@thebvispa.com Website: thebvispa.com

Open seven days daily from 7 am to 9 pm



ScanMe! for Reservation