

# Bamboo Spa Menu



Open daily 10:00AM–8:00pm From your room dial 308

Daily half-hour spa treatments are included on the Adventure Wellness Package



## MASSAGES

**Jungle Bay Massage** ~ Our signature massage created especially for you. This massage uses a unique combination of Coconut, Castor and Bay essential oils to rid the body of muscular aches and pains. This formula of local organic oils from our forefathers is applied to the body using swift circular strokes which effectively aids the body in healing.

1h US\$ 115 ~ 30 min. US\$ 63.25

**Tres Forte Massage** ~ Using special techniques, the elbows and forearms are used to apply very firm pressure to the deeper layers of muscles and connective tissues. This method loosens knots, releases tensions and toxins, resulting in pain relief, better circulation, flexibility and range of motion. 1h US\$ 115 ~ 30 min. US\$ 63.25

**Couples Massage** ~ Share the luxury of receiving a massage side-by-side with two therapists in our spacious couples' massage room with your significant other or a close friend. To enhance romance, choose the aromatherapy blend "Love and Harmony". 1h US\$ 250 ~ 30 min. US\$ 125

**Aromatherapy Massage "Relaxing"** ~ Long soothing strokes combined with the relaxing scent of lavender helps to relieve stress and create a sense of calmness & wellbeing. 1h US\$ 109.25 ~ 30 min. US\$ 57.50

**Sore Muscle Massage** ~ Medium to firm pressure and a special blend of essential oils help to improve blood flow and reduce muscle tightness; perfect after long hikes. 1h US\$ 115 ~ 30 min. US\$ 63.25

**Swedish Massage** ~ This massage involves kneading strokes, as well as rhythmic tapping, which invigorates muscles, improves circulation and relieves tension. 1h US\$ 109.25 ~ 30 min. US\$ 57.50

**Pregnancy Massage** ~ Specifically designed for the expectant mother by utilizing proper positioning and support for comfort & safety; this massage is beneficial in reducing stress, decreasing swelling and relieving aches & pains in muscles and joints. (Perfect for Moms in their second & third trimester) 1h US\$ 115 ~ 30 min. US\$ 63.25

**Back Massage** ~ Myofascial release along with deep tissue techniques are utilized to address chronic areas of tension in the back and shoulders. A massage of the head and neck is also included. 30 min. US\$ 63.25

**Pied Mol - Soft Feet** ~ Reward your feet with this treatment. It begins with a warm relaxing foot soak followed by a delightful massage of the feet and legs using 100% organic cocoa or shea butter. 30 min. US\$ 57.50

## DETOX

**Foot Detox** ~ The detoxifying, ionic foot bath is designed to restore the body's energy balance by removing toxins through the sole of the feet. A delicious cup of tea and a rejuvenating foot scrub conclude your treatment. 45 min. US\$ 63.25

## NAIL CARE

**Spa Manicure** 30 minutes US\$ 51.75

**Spa Pedicure** 45 minutes US\$ 63.25

*Menu subject to change without notice. Prices are in US dollars & inclusive of 15% Government Taxes (VAT)*