

# the spa

AT SEVEN STARS







# ESPA AT SEVEN STARS RESORT & SPA

*Seven Stars' world-class spa offers an extensive menu of services to soothe mind and body. Our expert spa therapists specialize in a variety of massage techniques to improve circulation, hasten detoxification, and release tension. Other services include facials, full-body treatments, spa manicures, pedicures, and hair treatments and styling.*

Condé Nast  
**Traveler**

TOP 25 SPA'S  
IN THE WORLD







# MASSAGES

## SSR SIGNATURE CANDLE MASSAGE

### 50/80 Minutes

SSR Signature Candles combine the soothing scent of a spa candle with the comfort of an essential oil massage lotion. Our fragrant soy candles melt into a wonderful body lotion suitable for skin care or as a soothing massage lotion. There is nothing quite like a body candle massage, with the wonderful aroma of our massage oil aromatherapy candles working equally well as a room-enhancing scent and as an aromatherapy soy lotion for your skin.

*Includes: Full Body Relaxation Massage, Aromatherapy Soy Candle Lotion.*

## SHIATSU MASSAGE

### 50/80 Minutes

It is a way of relaxation, but in its main theory shiatsu is a holistic bodywork. The Shiatsu massage uses acupressure techniques which are applied with hands, thumbs, elbows and knees. The acupressure techniques gets its roots from the acupuncture therapy and traditional Japanese technique.

*Includes: Full Body Acupressure Massage.*

## SWEDISH MASSAGE\*

### 50/80 Minutes

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

*Includes: Full body Swedish massage – scalp massage*





# ESPA TREATMENTS

*A menu of personalized Spa treatments from world-renowned experts, inspired  
by the therapeutic properties of natural ingredients and age-old healing  
practices & traditions.*





## ESPA MASSAGE THERAPY

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

### INNER CALM MASSAGE\*

#### 50/80 Minutes

Luxurious, indulgent and entirely personalized to your needs. Guided by your expert therapist, this tailor-made massage incorporates the most effective combination of targeted massage techniques and richly nourishing essential oils to ensure the very best results for your particular needs.

*Includes: Breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals*

### HOT STONE MASSAGE

#### 80 minutes

Restore your energy and promote deep relaxation to elevate the state of consciousness.

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

*Includes: Full body aromatherapy massage with hot stones – scalp massage*

## DEEP MUSCLE MASSAGE\*

#### 50/80 Minutes

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

*Includes: Targeted massage, with or without hot stones, focussing on areas of concern – scalp massage*

### PRE-NATAL RELAX & RESTORE\*

#### 50/80 Minutes

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

*Includes: Back exfoliation (if required) – \*focused body massage – scalp massage.*



*\*Treatments can be performed in the Couple's room, Guest Room or Beachside.*



## ESPA BODY TREATMENTS

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

### TARGETED HIP AND THIGH TREATMENT

#### 50 Minutes

Transform the appearance of your hips, thighs and legs with this revitalising, results-focused treatment. Working swiftly and effectively, powerfully detoxifying actives combine with targeted massage to instantly diminish cellulite and fluid retention, dispel toxins and boost circulation. Skin looks smooth, supple and beautifully toned.

*Includes: Skin brushing hip, thigh and abdominal areas – salt & oil scrub with iced mitt removal – detoxifying and lymphatic drainage massage techniques – deep cleansing abdomen massage – body moisturiser application.*

### AFTER SUN SOOTHER

#### 50 Minutes

This cooling & calming ritual is designed to calm the mind and soothe sun-drenched skin. The After-Sun Soother Ritual begins with a gentle body envelopment using the finest linen with the softest touch, combined with Aloe Vera and Menthol to calm and cool the skin you emerge totally nurtured with skin quenched in hydration.

*Includes: Body Envelopment – application of Cooling Body Moisturiser – facial cleanse & moisturiser application.*

### BACK, FACE & SCALP TREATMENT

#### 80 Minutes

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

*Includes: Back exfoliation – back massage with or without hot stones – Inner beauty facial – scalp massage.*

### BODY WRAP

#### 50 Minutes

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

*Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage.*

### ESPA BODY RITUAL

#### 120 Minutes

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a nourishing wrap, personalised aromatherapy massage and reviving scalp massage. Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised.

*Includes: Body exfoliation – marine or algae wrap – aromatherapy massage – scalp massage – skin brushing.*

## ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending.

### MEN'S DEEP CLEANSING FACIAL

#### 50/80 Minutes

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

*Includes: Skin analysis with Woods Lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.*

### DEEP MUSCLE MASSAGE

#### 50/80 Minutes

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

*Includes: Targeted massage, with or without hot stones, focused on areas of concern – scalp massage.*

### MUSCLE REVIVER

#### 40 Minutes

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.

*Includes: Back massage – facial massage – scalp massage.*





## ESPA FACIALS

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalized, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

### INNER BEAUTY FACIAL

#### 50 Minutes

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

*Includes: Skin analysis with Woods Lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.*



### INSTANT RADIANCE FACIAL

#### 80 Minutes

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges and your natural glow is restored.

*Includes: Skin analysis with Woods Lamp – triple cleanse (including deep brush cleanse) – exfoliation – steam and extraction (if required) – brightening mask – age-defying Rose Quartz crystal massage – professional Lifting & Smoothing Mask – scalp massage.*

### ULTIMATE LIFT & FIRM FACIAL

#### 80 Minutes

Restore youthful vitality and improve skin tonicity and firmness with this advanced facial. Using Tri-Active™ ingredients combined with specialized facial massage lifting techniques, this facial helps combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

*Includes: Skin analysis with Woods Lamp – triple cleanse – steam and extraction (if required) – specialised age-defying, contouring and lifting facial massage – Lift & Firm Mask – scalp massage.*

## INTENSE REGENERATING FACIAL

### 50 Minutes

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

*Includes: Skin analysis with Woods lamp – triple cleanse – exfoliation – steam and extraction (if required) – age-defying facial massage – mask – scalp massage*

## ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL

### 50 Minutes

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and decollete and combining exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

*Includes: Skin analysis with skin vision lamp – cleanse & exfoliation using Foreo – Gua Sha facial massage – double mask – hand & arm Gua Sha massage*







## ESPA EXPRESS TREATMENTS

When time is of the essence, why not take a moment and experience our blissful collection to find a moment of pure calm.

### EYE LIFT

#### 30 Minutes

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

*Includes: Skin analysis with SkinVision™ lamp – cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask.*

### SALT & OIL SCRUB

#### 30 Minutes

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

*Includes: Skin brush - salt & oil full body exfoliation.*

### BACK, NECK & SHOULDER MASSAGE

#### 30 Minutes

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

*Includes: Massage to the back, neck and shoulders.*

### EXPRESS FACIAL

#### 30 Minutes

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

*Includes: Skin analysis with SkinVision™ lamp – double cleanse – exfoliation – personalised mask – scalp massage.*

### LIGHTER LEGS

#### 30 Minutes

Swiftly ease tired, aching feet and legs with this enlivening treatment. Suitable for all this treatment can help reduce puffiness and soothe aches and pains.

*Includes: Exfoliation, massage and application of cooling moisturizer to the feet and lower legs.*



# ESPA HANDS & FEET

## ESSENTIAL MANICURE

### 45 Minutes

Maintain amazing results or keep nails in good condition with this treatment.

*Includes: Soak – cut and file – cuticle work – application of hand cream – polish or buff. French polish additional.*

## FILE & POLISH

### 25 Minutes

Essential maintenance for hands or feet.

*Includes: Nail file and shape – moisturiser – polish or buff.*

## ESSENTIAL PEDICURE

### 60 Minutes

Maintain amazing results and keep nails in good condition with this nourishing treatment.

*Includes: Soak – nail file and shape – exfoliate – cuticle work – application of body cream – polish or buff.*

## NAIL ENHANCEMENTS

### 60 to 90 Minutes

Transform your own nails with the help of gel or acrylic enhancements. Gel will resemble a natural looking nail and acrylic overlays will help enforce your natural nail. A hand make over guaranteed.

## SIGNATURE PEDICURE

### 70 Minutes

This intensive treatment harnesses the benefits of plant actives, marine products and aromatherapy to deeply hydrate your skin while conditioning your nails.

*Includes: Soak, nail file and shape, exfoliation, cuticle work, hot stone massage, mask, paraffin, polish or buff.*







## CHRISTOPHE ROBIN HAIR TREATMENTS

Christophe Robin, the self named haircare range has been developed through years of experience and passion. Christophe Robin is a beautiful range that has been specially formulated to care and protect colour treated hair, so you can treat your hair to a little luxury everyday!

### COMPLETE NOURISHING CARE

#### 45 Minutes

Using a combination of products, this treatment provides intensive care and nourishment. Suitable for color-treated, highlighted, dry/damaged, or chemically-treated hair, it is formulated without harsh sulfates for a complete nourishing treatment and lasting shine.

*Includes: Lavender Oil, Cleansing mask w/ lemon, Regenerating mask, Daily moisturizing cream (finish with curl cream or anti-frizz milk).*

### COLOR BOOST

#### 50 Minutes

This treatment starts by nourishing and clarifying the hair, then corrects and enhances color with the choice of any shade from our shade variation care. Unwanted tones are removed resulting in luminous color and lasting shine.

*Includes: Lavender Oil, Brightening shampoo, Shade variation, Anti-frizz milk or Curl cream.*

### BRIGHTEN HIGHLIGHTS

#### 45 Minutes

Revive highlights and restore hair fibers that may have been damaged during the highlighting process. This treatment will repair and nourish hair while removing any brassy, yellow tones.

*Includes: Cleansing mask with lemon, Shade variation - Baby Blonde.*

### SCALP DETOX

#### 30 Minutes

This treatment soothes scalp concerns such as itchiness, dandruff, or oily scalps, and removes any build-up caused by styling products or chemical treatments. The combination of products and scalp massage eliminates impurities and supports natural, healthy blood circulation.

*Includes: Lavender Oil, Purifying scrub, Detangling Gelée, moisturizing hair cream.*



## EXPRESS TREATMENTS

### VOLUMIZING TREATMENT

#### 15 Minutes

Create beautiful volume naturally without the weight of silicones. Our clay-to-foam shampoo paste amplifies volume at the root while absorbing oils and impurities at the scalp, leaving hair full and light.

*Includes: Lavender oil, Volumizing paste, volume mist.*

### PERFECT HAIRDO

#### 15 Minutes

Experience the perfect treatment with a detox shampoo and intense nourishing mask. The combination of our two favorites will start by eliminating any impurities or build-up and finish with a deep treatment that smooths hair and enhances shine. Instant visible results with no “leave-in” time!

*Includes: Purifying scrub, Regenerating mask.*

### REFLEXOLOGY

#### 30 Minutes

Reflexology is a traditional Chinese massage that focuses solely on the treatment of your tired feet. By holding pressure on different points of the feet combined with muscle stripping, we will ease any tension you may be feeling. The treatment ends with a soothing warm scented towel compress leaving you light on your feet.

*Includes: Acupressure on Reflex points, Foot and Leg Massage.*







## SALON SERVICES

Our talented team of stylists will style your beautiful look for the day or any special occasion

Wash and Blowdry

Wash, Cut and Blowdry

Styling, Wash and Blowdry

Roots Colour

Full Colour

Highlights Half Head

Highlights Full Head

Mens, Cut

## WAXING SERVICES

Eyebrows

Upper Lip

Chin

Under Arm

Arms

Half Leg

Full Leg

Bikini

Brazilian Bikini

Full Leg & Bikini

Back

Chest

### BEFORE YOUR SPA TREATMENT

As a courtesy to the next guest, we ask that you arrive no less than 10 minutes before your treatment. This will also allow you sufficient time to fill out a health questionnaire. Late arrival may limit the time for your treatment.

### SERVICE CHARGE

All treatments are subject to a 10% service charge.

### LOCAL GOVERNMENT TAXATION

All services are subject to 12% local government tax.

### CANCELLATION POLICY

Should the need arise to cancel or reschedule reservations, a 24 hour advance notice is required. A 48 hour advance notice is required for any spa packages and multiple treatments lasting more than 2 hours. Less than 6 hours notice will result in a 50% charge of service(s) and all no shows will result in a full charge of the service(s).

### SPA HOURS

The Spa at Seven Stars Resort is open 7 days a week from 9:00 am to 7:00 pm. Special treatment times can be arranged upon request.

### LOCATIONS

In-suite and beachside massage services are also available.

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