

# S I L V E R S A N D S

## G R E N A D A



### UNWIND LUXURIOUSLY

The Silversands Spa presents a world in which life's pace has one setting: unhurried. With a broad menu blending traditional treatments and locally inspired rituals, the spa features four treatment rooms, including two for couples, as well as a sauna, ice cave, hammam, experiential shower and modern fitness centre with equipment by Technogym – all built around a beautifully serene private pool available exclusively to spa guests.

Our treatments combine massage rituals from all over the world, created with the respect of ancient traditions and the power of aromatherapy to rejuvenate the body and mind. Several invigorating treatments are exclusive to Silversands and inspired by the abundant natural resources and spices of Grenada.

## **MASSAGE**

Rediscover inner calm and physical wellbeing. 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. Muscle tension is released, your soul feels soothed and you emerge energised with renewed focus and positivity.

### **SILVERSANDS MASSAGE**

90 mins / US\$245

A combination of Asian traditional techniques with locally sourced 'Nutmeg Oil'. Using dry pressure point techniques and firm strokes along the meridians, this massage will relieve pain and detoxify your body. After relaxing the body, our Silversands massage concludes with deep relax scalp massage.

Benefits: Rejuvenates the energy in the body, relaxes muscles and improves body elasticity.

### **INNER CALM MASSAGE**

60 mins / US\$160 or 90 mins/ US\$235

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, curated aromatherapy blends relax, cleanse or energise, while advanced massage techniques alleviate muscular pressure, soothe anxiety and invoke profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Breathwork with full body aromatherapy massage including scalp massage

### **DEEP MUSCLE MASSAGE**

60 mins / US\$160 or 90 mins / US\$235

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: Full body massage to focussing on areas of concern including scalp massage

### **STRENGTH AND RESILIENCE MESSAGE**

90 mins / US\$235

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

Includes: Yogic stretching, reflex zone foot massage, back massage, sinus release and scalp massage.

### **SWEDISH MASSAGE**

60 mins / US\$160 or 90 mins / US\$235

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 stimulating massage include relax scalp massage.

### **THAI MASSAGE**

60 mins / US\$160 or 90 mins / US\$235

Classic dry treatment, famous all over the world. Involves gentle stretching, deep tissue massage and massaging the paths of life using elbows, feet and hands.

Benefits: Increases flexibility relieves joint and muscle tension and balances the body system.

### **HOT STONE MASSAGE**

60 mins / US\$160 or 90 mins / US\$235

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 and scalp massage.



## **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 personalised, results-focussed 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.

### **NATURAL GRENADIAN FACIAL**

60 mins / US\$165

Packed full of organic ingredients from the Island with yogurt, honey, lime and cucumber, with the ancient reputation of being skin healers, softeners and moisturizers.

### **INNER BEAUTY FACIAL**

60 mins / US\$180

Deeply cleanse, hydrate and renew with this instant result 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, triple cleanse, exfoliation, steam and extraction, facial massage, personalised mask, scalp massage.

### **OPTIMAL SKIN HEALTH FACIAL**

60 mins / US\$180

Visibly revive skin's natural beauty, balance and health. Achieving instant results with long-lasting benefits, this intelligent facial harness nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

Includes: Skin analysis – triple cleanse (including deep brush cleanse) – exfoliation, steam and extraction, facial massage, mask, hand & arm exfoliation and massage.

### **INSTANT RADIANCE FACIAL**

90 mins / US\$260

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, triple cleanse (including deep brush cleanse), exfoliation, steam and extraction, Skin Radiance Mask, age-defying massage, professional Lifting & Smoothing Mask and scalp massage.

### **DEEP CLEANSING FACIAL**

60 mins / US\$180

Deeply cleanse, hydrate and renew with these 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, triple cleanse, exfoliation, steam and extraction, facial massage, personalised mask and scalp massage.



### **BODY TREATMENTS**

Advanced, Indulgent and totally effective body treatments that are designed to meet individual needs.

### **SILVERSANDS BODY SCRUB**

30 mins / US\$85

Choose from local Coconut, local Coffee or Salt & Oil.

### COCONUT SCRUB

Using fresh local coconut and sandalwood, this scrub detoxifies, cleanses, softens and conditions.

### COFFEE SCRUB

Using freshly sourced coffee, organic honey and yogurt, this scrub is very invigorating and is great treatment to increase circulation.

### SALT & OIL SCRUB

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.

### AFTERSUN RESCUE COOLING TREATMENT

60 mins / US\$160

A natural cool body mask of cucumbers, yogurt and fresh mint is applied to the whole body and wrapped. The face is cooled with fresh cucumber slices while you enjoy a scalp massage. This treatment is perfect for sunburn, skin softening, and cooling any hot skin condition.

### ESPA BODY WRAP

60 mins / US\$160

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.



## **EXPRESS TREATMENTS**

### **EXPRESS FACIAL**

30 mins / US\$85

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 – double cleanse – exfoliation – personalised mask – scalp massage

### **EYE LIFT**

30 mins / US\$85

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 – cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask

### **BACK, NECK & SHOULDER MASSAGE**

30 mins / US\$85

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.



## **SILVERSANDS SPA PACKAGES**

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts, ESPA. Results-focussed facials, high performance body treatments, immersive massages and signature rituals await, to nurture your body, calm your mind and leave skin looking radiantly and naturally beautiful.

### **BODY RITUAL**

120 mins / US\$350

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a detoxifying 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

### **HOLISTIC BACK, FACE AND SCALP TREATMENT**

120 mins / US\$350

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, facial and scalp massage

### **RESTORATIVE RITUAL**

120 mins / US\$350

Fully indulge in our most luxurious face and body ritual. Body exfoliation combines with a result-focused marine wrap and reviving scalp massage. While Tri-Active™ formulas work immediately to leave skin looking clear, quenched, inner calm blissfully restored.

Includes: Body Wrap and Inner Beauty Facial

### **OCEAN GLOW**

120 mins / US\$350

Revive skin's natural softness and glow with this instantly effective ritual. A natural blend of sea salt and the purest oils polishes away dull, dry cells



before complexion is transformed. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes: Salt & Oil Scrub, Instant Skin Radiance Facial and scalp massage.

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Includes: Body Wrap and Inner Beauty Facial

### **ULTIMATE BLISS**

180 mins / US\$495

Deeply unwind as busy thoughts and tension dissolve with this ultimate stress-relieving treatment. An Inner Beauty Facial leaves skin rejuvenated, before a tailored hot stone massage with warm aromatherapy oils restore peace and balance to body and mind.

Includes: Inner Beauty Facial, Eye Lift, Hot Stone Massage, Scalp Massage and Fresh Juice.

### **ABSOLUTE SPA RITUAL**

180 mins / US\$495

The absolute spa ritual is a total body experience that caresses your skin, revitalises your body and calms your mind. This experience delivers triple results by targeting three key areas – the back, the face and the head, making it the ideal treatment for anyone.

Includes: Body Scrub & Wrap, Hot Stone back Massage, Mini Facial, Head massage and Fresh Juice



## **SILVERSANDS BOOSTERS - ADD-IN TREATMENTS**

Pushed for time? But want it all?

Enhance your journey even more with this luxurious booster menu.

Choose from any of the following treatments that will be blended into the treatment you have already booked, allowing you even more relaxation and results in the same space of time.

### **HOT STONE BOOSTER**

US\$40

Allow the tension to melt away even more so, by adding this hot stone booster to your treatment. Thermal therapy has profound healing effects, reducing stress and anxiety.

### **FOOT OR HAND MASK**

US\$40

Treat your hands or feet with this moisturizing treatment, to leave them feeling completely rejuvenated.

### **PARAFFIN WAX TREATMENT**

US\$40

Conditioning Paraffin Wax Treatment for the hands or feet

### **MOISTURISING FACE MASK**

US \$40

Is your skin feeling dry or tired and needs an extra boost, add this facial mask into your full body massage today and leave with relaxed body muscles and a vibrant, refreshed face!

## **SPA ETIQUETTE**

### **Opening Hours**

Monday to Sunday  
9:00am until 9:00pm

### **Spa Treatment Times**

Monday to Sunday  
9:00am until 8:00pm

### **Gym Opening Hours**

24 hours/day 7 days/week  
Access afterhours by guest room  
key to last door beyond reception  
entrance

### **Scheduling an Appointment**

Please contact the spa and reserve your spa treatment in advance. A credit card is needed to guarantee your reservation.

To ensure you are able to take advantage of our spa facilities we recommend you arrive up to 30 minutes prior to your treatment time. Our gym equipped with TechnoGym cardio and resistance machine and free weights is available to resort guests and day spa guests.

### **Cancellation Policy**

Please let us know if you are unable to attend your appointment with a minimum of 6 hours' notice. Cancellations inside 6 hours will incur a 50% charge of treatment price. If you are unable to advise and do not arrive for your appointment, a 100% charge will apply.

