

SILVERSANDS SPA
MENU

Unique Psammotherapy Experience (Hot Sand Therapy)

Initially used in Ancient Egypt for medical treatment to treat several ailments ranging from scoliosis to inflammatory diseases. The luxurious Quartz Sand bed elevates your spa experience and provides supreme comfort & mental and physical relaxation. By enjoying your treatment on this bed, you have multiple benefits of the sand therapy such as:

- Alleviates back pain
- Increase blood & lymph circulation
- Rebalance energy levels
- Supply ultimate mental rest
- Detox effects on the body
- Inversion therapy and undulating massage component to gently knead the back and neck.

Why QUARTZ sand?

The quartz sand contours the body exquisitely to alleviate any discomfort by creating a cocoon effect and surrounding the limbs with warm granules. The sand itself retains heat at an optimal temperature to impact the full benefits of your treatment.

SILVERSAND'S QUARTZ BOOSTER US 40++

Transform your existing Spa treatment into an Ultimate Wellbeing Journey by experiencing it on this sensational bed, creating an overall fusion experience for the entire body and mind. The heated quartz sand magnifies your outcome, complimenting your treatment. No additional time required!

ULTIMATE INNER CALM QUARTZ EXPERIENCE US200++ / US275++ 60 / 90 min

Sink deeply into the warm luxury of our unique quartz bed whilst allowing the mind to quieten, release all over body tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage & inversion therapy alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

ULTIMATE QUARTZ INNER BEAUTY FACE & BODY EXPERIENCE

US220++ **60 min**

Cocooned in the healing warmth of this ultimate quartz bed, encounter a transformative full body experience. As your body is harmoniously moving into a deep state of relaxation and balance upon the quartz, this deeply cleansing facial will hydrate and renew the skin, showing instant results. 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.

SILVERSANDS SIGNATURE QUARTZ EXPERIENCE

US285++ **90 min**

Sink deep into the magnitude of the warm quartz, as your entire body is rehydrated with local 'Nutmeg Oil'. Using pressure point techniques and firm strokes along the meridians, this massage will relieve your pain, and detoxify your body. As your body is in a deep relaxation enhanced by this unique bed, our Signature Quartz Experience is enhanced with a deeply nourishing scalp massage.

SILVERSANDS MASSAGE

US245++ **90 min**

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.

INNER CALM MASSAGE

US160++ / US235++ **60 / 90 min**

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

US160++ / US235++ **60 / 90 min**

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 MASSAGE

US235++

90 min

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.

SWEDISH MASSAGE

US160++ / US235++

60 / 90 min

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 relax scalp massage.

THAI MASSAGE

US160++ / US235++

60 / 90 min

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

HOT STONE MASSAGE

US160++ / US235++

60 / 90 min

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.

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 facial.

ULTIMATE QUARTZ INNER BEAUTY FACE & BODY EXPERIENCE US205++ / US275++

60 / 90 min

Cocooned in the healing warmth of this ultimate quartz bed, encounter a transformative full body experience. As your body is harmoniously moving into a deep state of relaxation and balance upon the quartz, this deeply cleansing facial will hydrate and renew the skin, showing instant results. 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.

INSTANT RADIANCE FACIAL US260++

90 min

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.

INNER BEAUTY FACIAL US180++

60 min

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 US180++

60 min

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.

INTENSIVE REGENERATING FACIAL

US180++

60 min

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, triple cleanse, exfoliation, steam and extraction, age-defying facial massage, mask and scalp massage.

DEEP CLEANSING FACIAL

US180++

60 min

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.

NATURAL GRENADIAN FACIAL

US165++

60 min

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.

BODY TREATMENTS

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

SILVERSANDS BODY SCRUB

US85++

30 min

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 TREATMENT

US160++

60 min

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

US160++

60 min

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

US85++

30 min

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

US85++

30 min

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

US85++

30 min

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

US350++

120 min

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

US350++

120 min

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

US350++

120 min

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 US350++

120 min

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.

ULTIMATE BLISS US495++

180 min

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 US495++

180 min

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 BOOSTER MENU US\$40++ per booster

ADD-IN TREATMENTS

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.

SILVERSANDS QUARTZ BOOSTER

Transform your existing Spa treatment into an Ultimate Wellbeing Journey by experiencing it on this sensational bed, creating an overall fusion experience for the entire body and mind. The heated quartz sand magnifies your outcome, complimenting your treatment. No additional time required!

HOT STONE BOOSTER

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

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

PARAFFIN WAX TREATMENT

Conditioning Paraffin Wax Treatment for the hands or feet

MOISTURISING FACE MASK

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 at reception door

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.

Pricing ++

All pricing is in US\$ and subject to 10% Service Charge and 15% VAT.