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FIND YOUR INNER CALM

From Signature Spa Journeys, Psammotherapy to Medi-Derm Services and Physiotherapy, our menu offers a deeply relaxing and personalized spa journey, to discover your inner calm and wellness.



LOCALLY INSPIRED
REMEDIES

Infused with Grenadian spice and tradition these treatments use natural, locally sourced ingredients that are rich in minerals and elements that nourishes skin and body.

BESPOKE BODY POLISH

A revitalizing, full-body exfoliation using botanical ingredients from the Caribbean. Designed to leave your skin feeling silky smooth and replenished, this treatment aims to release tension while restoring harmony. Choose from coconut milk scrub, coffee granule polish or sea-salt body glow.
45 minutes / \$95+

BAMBOO MASSAGE

Used for generations throughout the Caribbean, this unique treatment provides deep relaxation using a specially heated bamboo cane. This traditional method releases the muscles other treatments cannot reach.
60 minutes / \$160+
90 minutes / \$220+

NATURAL FACIAL

An effective, age defying facial designed to deliver immediate results. This uplifting treatment uses organic ingredients from the Island, including yogurt, honey, lime and cucumber.
60 minutes / \$140+



SIGNATURE SPA JOURNEYS

A range of curated experiences to restore and nourish.

SILVERSANDS SUITE JOURNEY

A collection of three restorative healing therapies, designed to soothe, renew and relax, including bespoke body polish, a choice of marine or algae body wrap and serenity experience aromatherapy massage with Marma point scalp massage.
120 minutes / \$390+

WELLBEING RECOVERY

Our signature stress-relieving package. A total wellness treatment, including Shirodhara (warm oil head massage) and bamboo massage.
120 minutes / \$395+

COUPLE’S HARMONY

A movement-based therapy grounded in the principle of Qi. This ancient practice improves relationship energy and includes a sea salt body scrub, vitality experience massage and healing facial.
140 minutes / \$695+

TRANQUIL DISCOVERY

A suite of holistic experiences designed to help you rest, rejuvenate and feel your best, including healing stone massage, Egyptian foot reflexology and rose quartz restorative facial.
120 minutes / \$395+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



THERAPEUTIC JOURNEYS

Within this collection, each treatment begins with a unique combination of Aromatherapy and Reiki to calm the mind and relax the senses.

SILVERSAND’S
SIGNATURE MASSAGE

Combining traditional Asian techniques with local therapies, this deep-tissue massage eases muscles and restores energy and vitality, using our signature blend of oils.
60 minutes / \$170+
90 minutes / \$245+

111SKIN SIGNATURE
EXPERIENCE MASSAGE

A holistic and aromatic treatment that includes a 30-minute 111SKIN facial and a 60-minute massage showcasing the bio-active strengths of natural oils. Choose from:
Serenity Experience for total relaxation. 90 minutes / 245+
Vitality Experience for jet-lag and fatigue recovery. 90 minutes / 245+
Performance Experience to invigorate and restore. 90 minutes / 245+

DEEP TISSUE RELEASE

A holistic massage designed to restore suppleness and movement. With our signature blend of aromatherapy oils that alleviate tension and muscle pain, leaving you feeling energised.
60 minutes / \$170+
90 minutes / \$245+

INNER CALM MASSAGE

Tailored to your personal needs and preference, this curated aromatherapy treatment blends relaxation with rejuvenation, using our signature blend of oils.
60 minutes / \$160+
90 minutes / \$235+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



P S A M M O T H E R A P Y

Pioneered in Ancient Egypt, psammotherapy harnesses the unique healing properties of heated quartz sand, used to increase circulation and alleviate pain. The Gharieni quartz sand bed used at Silversands Spa was created to elevate the experience and provide supreme comfort to guests enjoying the multiple benefits of quartz therapy, integrating aromatherapy, inversion therapy and undulating massage.

IMMERSIVE PSAMMOTHERAPY

The healing warmth of our quartz beds recalibrate mind and body in a mesmeric, full-body treatment.
60 minutes / \$200+

INNER CALM QUARTZ EXPERIENCE

Immerse in the hot sand of our quartz beds to balance, renew, and restore your energy. This treatment includes the Silversands inner calm massage and a rose quartz restorative facial.
90 minutes / \$250+

SIGNATURE QUARTZ RITUAL

A unique method of rehydration and detoxification using our signature nutmeg oil blend. This treatment includes the Silversands signature massage and eyelift recovery treatment.
90 minutes / \$290+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



WELLNESS OFFERS

A collection of traditional treatments centered in the timeless art of wellness.

HEALING STONES

An elevated hot stone treatment with aromatherapy and our signature blend of essential oils proven to treat deep muscular tightness and discomfort.
90 minutes / \$245+

JAPANESE SHIATSU

Shiatsu, the ancient art of applied pressure through corrective stretching, manipulation, and mobilisation designed to promote wellbeing through slow, highly specified movements.
60 minutes / \$170+
90 minutes / 245+

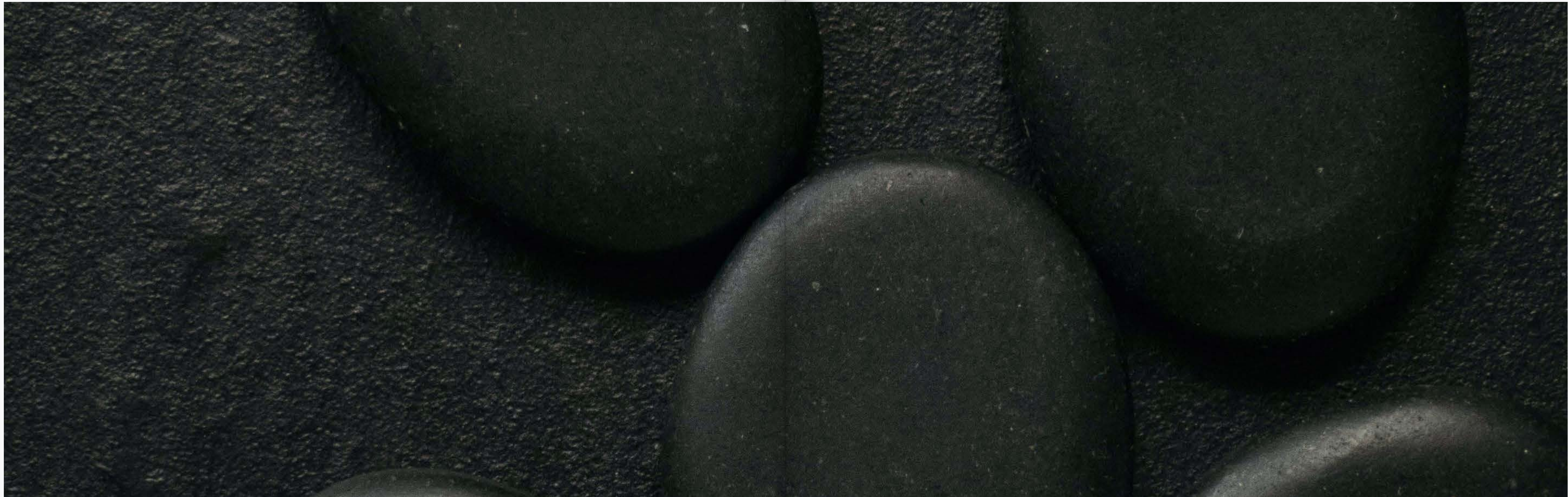
EGYPTIAN FOOT
REFLEXOLOGY

This traditional therapeutic remedy naturally realigns the body’s composure by applying acupressure on the meridian channels of the legs and feet. This treatment includes a Marma point head and scalp massage.
60 minutes / \$160+

INDIAN SHIRODHARA

This ancient Indian treatment focuses on opening the third eye chakra for spriritual awakening by dripping a warm blend of our signature herbal oils onto the forehead. This treatment includes Marma point head and scalp massage.
60 minutes / \$180+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



A G E L E S S F A C I A L S

A range of signature facials by 111SKIN, tailored to your skin-type and lifestyle. All facials include a skin analysis, double cleanse, manual exfoliation, and personalised mask and age-defying facial massage.

ROSE QUARTZ
RESTORATIVE FACIAL

A 111SKIN signature treatment combining restorative properties and innovative lifting formulas, using a unique rose quartz stone massage to cleanse the face and alleviate underlying irritation.
60 minutes / \$160+

THE GENTLEMEN'S
HEALING FACIAL

Tailored to the specifics of the male skin, this facial focuses on reducing puffiness, controlling oil production, and refining textures using cryotherapy for a softer, brighter, and more polished complexion.
60 minutes / \$160+

THE MESO INFUSION
HYDRATION FACIAL

Uplifting and brightening, this facial replenishes the complexion with moisture and luminosity, ideal to hydrate skin.
60 minutes / \$160+

THE ORIGINAL DRAMATIC
HEALING FACIAL

A high-performance remedy formulated to soothe damaged, inflamed, and irritated skin. This facial uses 111SKIN's signature NAC Y2 complex to target inflammation dehydration, and rosacea.
60 minutes / \$160+



ADVANCE AESTHETIC
FACIALS BY 111SKIN

A range of non-surgical treatments aimed at brightening, toning, and lifting. Appropriate for all skin types.

CELESTIAL BLACK DIAMOND FACIAL

An anti-ageing facial featuring 111SKIN’s accelerated peel and antioxidant-rich formulas for a youthful, sculpted, and firmer appearance.
90 minutes / \$190+

CLARITY ANTI-BLEMISH FACIAL

Revitalise your skin with this instantly effective facial aimed at transforming fatigued and lacklustre complexion.
75 minutes / \$180+

CRYOTHERAPY ENERGY FACIAL

This treatment detoxifies and reduces puffiness, revitalizing the skin by increasing circulation and oxygen flow.
75 minutes / \$180+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



B O D Y A E S T H E T I C S
B Y 1 1 1 S K I N

Inspired by the procedures performed at the 111SKIN headquarters at 111 Harley Street, London these non-invasive body treatments combine medical-strength products with targeted massage techniques.

ROSE QUARTZ RESTORATIVE
BODY TREATMENT

A relaxing massage harnessing the healing power of rose quartz crystals to restore positive energy and radiance.
90 minutes / \$240+

MESO INFUSION HYDRATION
TREATMENT

A deeply nourishing full-body experience to regenerate and hydrate the skin. Ideal for frequent fliers or city-dwellers affected by harsh elements.
90 minutes / \$240+

CELESTIAL BLACK DIAMOND
SCULPTING TREATMENT

A deep treatment utilising lymphatic drainage for smoother, sculpted and more radiant looking skin.
100 minutes / \$260+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



W R A P S O D Y

Deeply replenishing body wrap treatments.

SUNLOVER’S DELIGHT

Cool down with an after-sun body wrap of skin soothing ingredients, such as cucumber, aloe and yogurt. This treatment includes a scalp massage.
60 minutes / \$120+

MARINE–ALGAE WRAP

A naturally detoxifying body wrap using algae or nourishing marine mud which will leave your skin looking refined, toned and radiant. This treatment includes a skin brush, body exfoliation, algae or mud wrap and a Marma point scalp massage.
60 minutes / \$160+

FOOT OR HAND SPA COCOON

A moisturising treatment for hands and feet, this treatment includes a skin brush, hand or foot spa, algae or mud wrap, and a foot, leg and Marma point massage.
60 minutes / \$120+

PARAFFIN WAX TREATMENT

A relaxing paraffin wax hand or foot treatment for soft and supple skin. This treatment includes a skin brush, hand or foot spa, paraffin wax wrap, and a foot, leg and Marma point massage.
60 minutes / \$120+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



S P A E X P R E S S

A selection of express treatments that can be enjoyed individually or as an add-on.

111SKIN EXPRESS FACIAL

A soothing facial featuring a personalised 111SKIN sheet mask with natural formulas that cleanse, rebalance and hydrate. This treatment includes a skin analysis, double cleanse, manual exfoliation, personalised mask and a scalp and décolletage massage.
30 minutes / \$105+

111SKIN RECOVERY EYE LIFT

Smooth, firm and correct under eye puffiness, and dark circles with this instantly revitalizing eye lift. This treatment includes a skin analysis, cleanse, face and eye contour exfoliation, eye contour massage and eye mask.
30 minutes / \$85+

BACK, NECK AND SHOULDER
MASSAGE

Experience relaxation with a rejuvenating massage using our in-house blend of aromatic oils.
30 minutes / \$85+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



T R E A T M E N T B O O S T E R

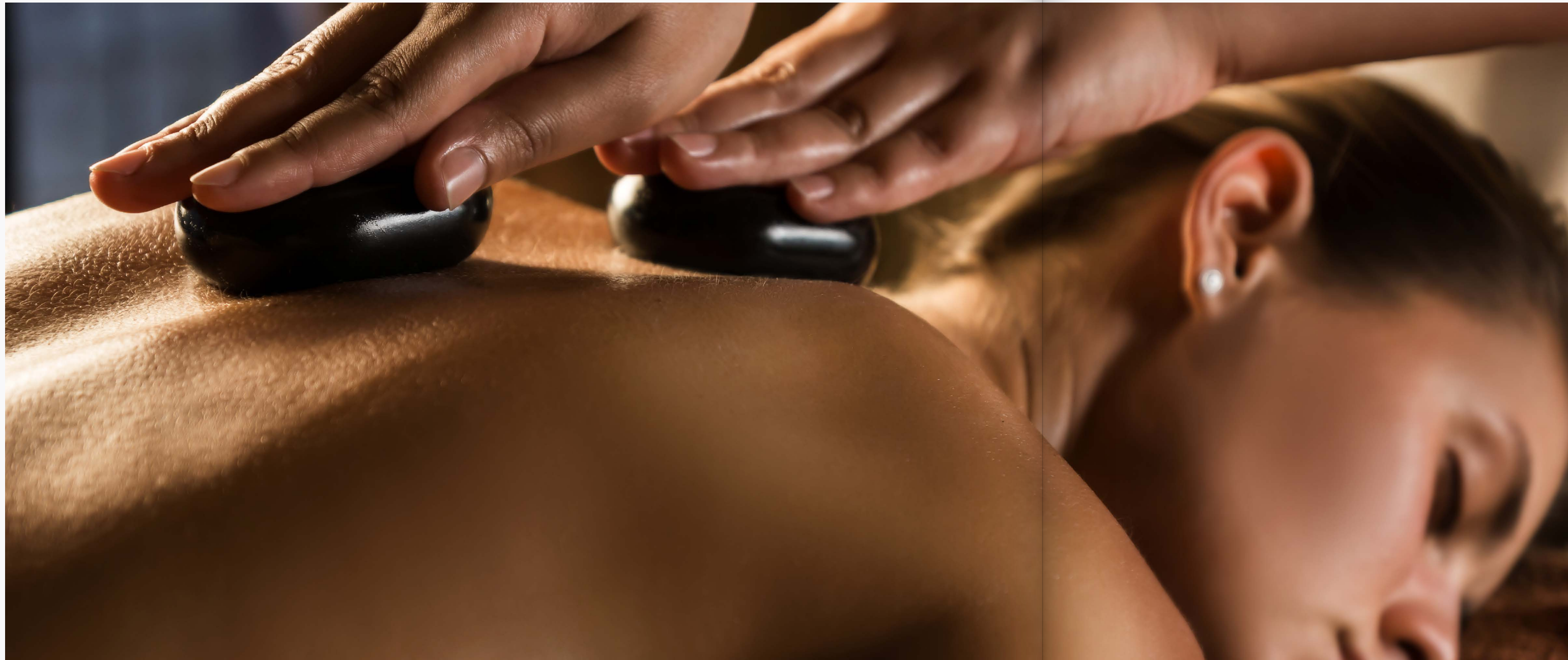
A selection of indulgent boosters
that can be enjoyed individually
or as an add-on.

SILVERSANDS QUARTZ BOOSTER

Upgrade your treatment by adding our signature heated quartz sand therapy, a unique and relaxing experience for both body and mind.
30 minutes / \$40

HOT STONE BOOSTER

Enhance your treatment with a restorative hot stone booster for profound stress reducing effects.
30 minutes / \$40



B A B Y M O O N A T
S I L V E R S A N D S S P A

Curated packages for the
expecting mom.

PRE-NATAL / POST-NATAL MASSAGE

Experience deep bodywork to improve circulation, alleviate muscle strain, relieve back pain to minimize pre-natal or post-natal discomfort.
60 minutes / \$180+
90 minutes / \$250+

MOTHER2BE

The ultimate head-to-toe pre-natal experience, this treatment includes a massage, a foot spa and a Marma head and shoulder massage.
90 minutes / \$260+

IT TAKES TWO

A unique Yin Yang couple’s massage, designed to harmonise your Qi energies. This treatment includes our signature Natural Facial with soothing cucumber, yogurt and local honey for fresh, revitalized skin.
120 minutes / \$650+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



MEDI-DERM SPA SERVICES
BY DR PAULA FAHKRE

Facial aesthetics including wrinkle reduction, acne and dermatology treatments to help you restore and maintain your best-looking skin.

Born and raised in California, Dr. Fakhre completed her undergraduate studies in Biology at the University of California Los Angeles (UCLA) before attending St. George’s University where she obtained her Medical Degree and Masters of Public Health. Dr. Fakhre is certified in Aesthetic Medicine and board certified in Family Medicine by the American Board of Family Medicine.

Dr. Fakhre has extensive experience with injectables such as Botox and Dermal fillers having worked for almost ten years in Aesthetic Medicine and Cosmetic Dermatology. She is a trainer and educator in the aesthetic industry and is passionate about anti-aging and longevity medicine. She is thrilled to bring her expertise to our guests. Private consultations are available by pre-appointment only.

COSMETIC BOTOX

An FDA approved treatment to reduce moderate to severe frown lines, crow’s feet and forehead lines. A ten minute treatment with minimal downtime, you should begin to notice results within 24 to 48 hours, lasting up to 4 months.
Per unit / \$25

DERMAL FILLERS

Dermal fillers or soft tissue fillers are medical device implants, fully approved by the FDA. Perfect for diminishing the appearance of facial lines and wrinkles, giving a natural softer look.
1 ml syringe filler / \$700

PROPHILO SKIN BOOSTER

Profilo improves the skin tone, texture, hydration and overall radiance. It can help to increase firmness and elasticity and promote healthier and softer-looking skin. Profilo is most commonly used for facial areas, but can also be used to rejuvenating the neck, décolletage, arms, knees and hands.
2ml syringe / \$600

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



PHYSIOTHERAPY
AT THE SPA

Treatment methods focused on the science of movement to help restore, maintain and maximise physical strength, motion and overall well-being.

THERAPEUTIC ULTRASOUND

Designed to treat chronic pain and promote tissue healing, ultrasound targets a wide range of nerve and musculoskeletal conditions. This treatment uses deep heat to soft tissue to increase blood circulation in specific areas to decrease pain and promote healing.
Per area / \$75+

ELECTRICAL STIMULATOR

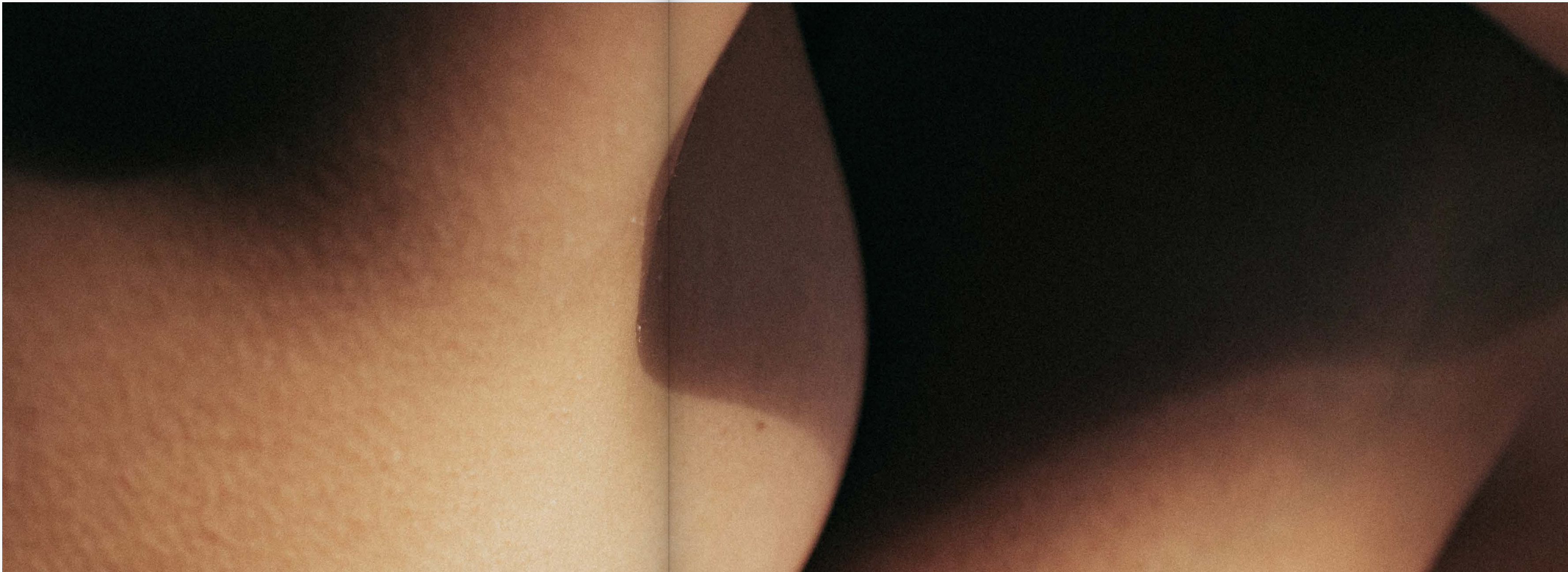
Neuromuscular electrical stimulation (NMES) stimulates the nerves in muscles to restore function and strength, prevent muscle atrophy, and reduce muscle spasms.

Improving joint pain and swelling, prevents and reverses muscle atrophy (loss of muscle mass/tissue) and enhances rehabilitation of muscles. Increases range of motion for tense muscles or tendons, reduces stress and discomfort and Improves blood flow and circulation. Beneficial for post-stroke disorders and nerve damage conditions.
Per session / \$60+

INFRARED RADIATION THERAPY

A non-invasive, light-based technology with a broad range of health benefits. This remedy can be used to ease neck and back pain, arthritis, bursitis, blunt trauma, muscle strain, carpal tunnel syndrome, diabetic neuropathy, rheumatoid arthritis, temporomandibular joint pain (TMJ), tendonitis, wounds and sciatica.
Per area / \$40+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



NAIL LUXE BAR

Manicure and pedicure services at
Siversands Spa.

FILE & POLISH	Treat your hands and feet to a file and polish. 25 minutes / \$75+	ADD-ON NAIL SERVICES	
		Gel Color	\$20+
ESSENTIAL MANICURE	Designed to maintain amazing nails. 60 minutes / \$85+	Basic Nail Art	\$50+
		Intricate Nail Art	\$100+
ADVANCED MANICURE	Providing long lasting results, includes cuticle work and nourishing products to repair, replenish and condition your nails. 60 minutes / \$100+	Acrylic Nails	\$120+
		NAIL POLISH REMOVAL	
ESSENTIAL PEDICURE	Designed to keep nails in great condition. 60 minutes / \$100+	Lacquer	\$25+
		Gel	\$40+
ADVANCED PEDICURE	An extensive pedicure including hard skin removal and nourishing products to repair, replenish and condition your nails. 75 minutes / \$120+	Acrylic	\$65+

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.



H O W T O S P A

SCHEDULE AN APPOINTMENT

Reservations are required and can be made at the reception or by calling +1 473 533 8888, up to 2 weeks in advance. A credit card number is required to confirm your reservation.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 30 minutes before your scheduled treatment time to allow you to change, relax and enjoy the facilities. We understand that plans do change; a phone call is always appreciated, should you wish to cancel your appointment. Your arrival time will determine the length of your treatment time, which will end as scheduled so that the next guest may begin their treatment promptly. In this case, you will still be charged the full amount for your scheduled treatment.

REGISTRATION

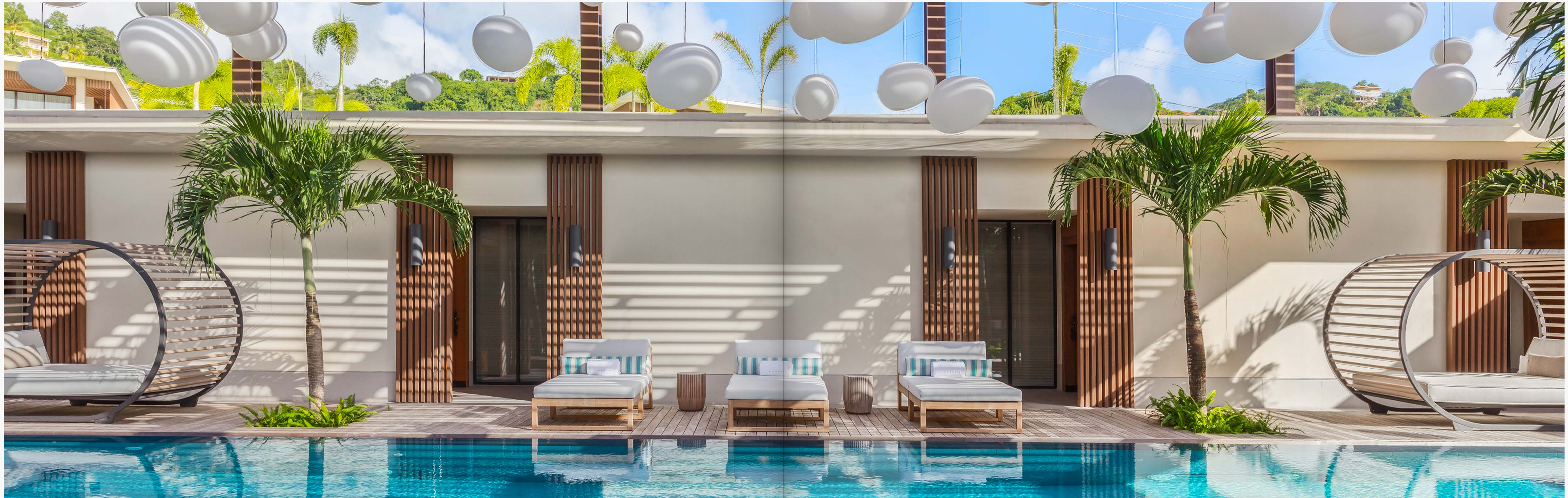
All guests must register prior to entering any of the resort facilities.

CANCELLATION POLICY
AND NO SHOW

We understand that plans can change. If you must cancel or reschedule an appointment, please give a minimum 12-hour notice prior to your scheduled appointment time to avoid a 50% penalty charge.

+ All treatments are priced in USD, subject to 15% VAT and 10% Service Charge.

SPA ETIQUETTE	<p>Our spa environment is one of relaxation and tranquility. In consideration of others, we ask that you speak in a quiet voice and switch off mobile phones. The spa is a non-smoking environment. All guests are required to be appropriately dressed when using the facilities. Guests should always behave in a respectful and courteous manner. No guests shall, while on the premise, engage in rude behavior or use offensive language. Proper use of the equipment is the responsibility of all guests.</p>	PHOTOGRAPHY IN THE SPA	<p>Commercial photography is not permissible. No photoshoot will be allowed in the spa except those that are officially approved by the management. As a courtesy to other guest enjoying solitude environment, personal phones will be permitted on discretion outside the spa rooms and should not intrude any guest privacy.</p>
PHYSICAL LIMITATIONS	<p>All guests are responsible for their own health conditions. Guests who are pregnant or suffering from any medical condition should not use any of the facilities without prior professional medical consultation or permission from their doctor.</p>	FIRE AND SAFETY PRECAUTIONS	<p>For safety reasons, no glass containers, food or alcoholic beverages are allowed to be brought into the wet spa or fitness areas. As part of our fire and safety precautions, guests will not be allowed admission when the maximum capacity for each respective area has been reached.</p>
MINIMUM AGE	<p>All guests must be 16 years or older to enjoy use of the wet spa facilities.</p>	PRICING	<p>All pricing is in US\$ and subject to 10% Service Charge and 15% VAT.</p>
WELLNESS HYDRO SUITE	<p>The sauna, steam room, ice cave, experiential shower and bucket shower are available to in-house guests at any time and to outside guests up to one hour before or after a confirmed treatment with minimum spend of \$160.00 or above.</p>		



S I L V E R S A N D S

G R E N A D A