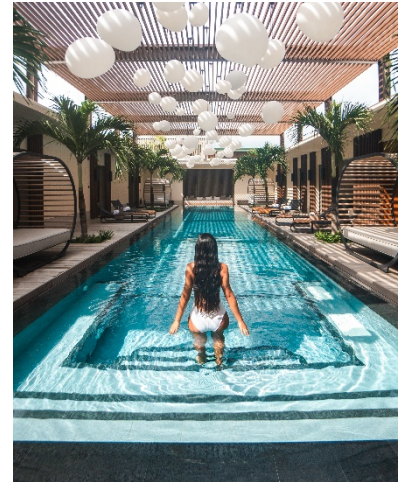


S I L V E R S A N D S

G R E N A D A

## SILVERSANDS GRENADA LAUNCHES NEW SPA MENU

Modern-Designed Luxury Resort Now the Only Property in Caribbean to Feature  
Gharieni Quartz Treatment Table for Psammotherapy



[www.silversandsgrenada.com](http://www.silversandsgrenada.com)

**Grand Anse Beach, Grenada, February 4, 2020** – Silversands Grenada, a contemporary, elegant resort on the Caribbean island of Grenada, is ushering in 2020 with a new Psammotherapy treatment menu at The Spa by Silversands. The treatments are performed on innovative Gharieni Quartz Treatment Table, elevating the SPA experience while providing supreme mental and physical relaxation. Silversands Grenada is now the only resort in the Caribbean to offer this unique treatment range.

A destination unto itself, the Spa by Silversands is a striking wellness space featuring four treatment rooms (two of which are double treatment spaces), Thermal Facilities hosting a sauna, hammam, experiential shower and ice room, and a Technogym state-of-the-art fitness center. The space is anchored by a light-filled, temperature-controlled swimming pool surrounded by poolside cabanas. Above the scene, sunlight filters through slatted wood ceilings as white organically shaped ceiling lights designed by Foscarini delicately swing in the Caribbean breeze, creating a magical scene.

With its new Spa Menu and enhanced amenities, Silversands Grenada is now the only resort in the Caribbean to feature the Gharieni Quartz Sand Beds for Hot Sand Therapy (we only have 1 bed), also known as Psammotherapy. Initially used in Ancient Egypt for treatment of inflammatory diseases and scoliosis, this thermal therapy features a massage delivered on a bed of warmed quartz sand, providing complete mental and physical relaxation. Hot Sand Therapy treatments are also known to alleviate back pain, increase blood and lymph circulation, rebalance energy levels, detoxify, and gently knead the back and neck.

With an exclusive new and innovative treatment menu, along with enhanced amenities, Silversands Grenada is now the only resort in the Caribbean to feature the Hot Quartz Sand Treatments, also known as Psammotherapy, performed on **Gharieni Quartz Treatment Table**. Initially used in Ancient Egypt for treatment inflammatory diseases and scoliosis, this thermal therapy is delivered on a bed of warmed quartz sand, providing complete mental and physical relaxation. The ritual is also know to alleviate back pain, increase blood and lymph circulation, rebalance energy levels, detoxify, and gently knead the back and neck.

Psammotherapy is a unique concept within itself. Beds of quartz sand are heated to an ideal perfect temperature which cocoons the body allowing and delivers instant relief to muscles. An aerodynamic flow within the bed intensifies each treatment, creating a wave like sensation across the entire back simultaneously during the hands-on treatment. The beds also allow for zero gravity inversion therapy, which allows the body to stretch and is known to improve spinal health, reduce stress and back pain by rehydrating discs, reducing nerve pressure, realigning the spine, relaxing tense muscles, and improving joint health and flexibility.

Guests can experience the Gherieni Gharieni Quartz Sand Beds with several specialty treatments, including the Ultimate Inner Calm Quartz Experience including massage and inversion therapy (60 min/\$200), the Ultimate Quartz Inner Beauty Face and Body Treatment including a facial and massage (60 min/\$220), and the Silversands Signature Quartz Experience featuring a full-body massage and locally-sourced Nutmeg Oil for rehydration (90 min/\$285).

The Spa by Silversands menu also includes a range of traditional and specialized massages, facials, body rituals and scrubs to suit guests' wellness needs. Popular additions include the Silversands Massage featuring Grenada-grown Nutmeg Oil, the Strength and Resilience Massage featuring aromatherapeutic oils, yogic stretches and deep muscle massage to boost energy levels, and the Hot Stone Massage which unravels persistent muscular tightness and discomfort while pure, aromatic essential oils relieve stress and recharge spirits.

A range of scrubs and wraps are also on offer to help guests reveal luminous skin, including the Coconut Scrub to cleanse, soften, and condition; the Coffee Scrub to increase circulation and invigorate skin; the Salt & Oil Scrub to polish away dull, dry skin cells and infuse nourishment; and the After Sun Rescue Experience featuring a natural, cool body mask of cucumbers, yogurt and fresh mint to relieve sunburned skin.

To view the full menu for the Spa by Silversands, or to make an appointment, visit [www.silversandsgrenada.com/spa](http://www.silversandsgrenada.com/spa). For more information or to make a room reservation at Silversands Grenada, visit [www.silversandsgrenada.com](http://www.silversandsgrenada.com) or call +1 833-594-3230

For media queries and interview requests, which are gladly accommodated, please contact Christina McGoldrick, Account Director for Victoria King Public Relations, at [christina@vkpr.com](mailto:christina@vkpr.com) or (310) 207-5175.

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#### **ABOUT SILVERSANDS GRENADA**

Silversands opened December 2018 as the first modern-designed luxury resort on the Caribbean island of Grenada, known as the "Spice Island." The first major opening on Grand Anse Beach in 25 years, the resort includes 43 spacious suites, as well as nine Hillside and Beachfront villas. The sleek property is anchored by a stunning 100-meter (330 feet) pool – the longest in the Caribbean. Guests enjoy access to The Spa by Silversands, the casual chic Grenadian Grill and fine dining at Asiatique, an Asian-influenced restaurant with ingredients highlighting Grenada's reputation as the "Spice of the Caribbean." Silversands Grenada is destined to become a benchmark for discovering the last secret hideaway in the Caribbean, an unspoiled island peppered with pristine white sand beaches, sparkling waterfalls, lush rainforests, vibrant food culture, and one of the warmest welcomes in the world.