



THE

LANDINGS

Resort and Spa

Spa Menu



BODY MIND & SOUL



HOW TO *Spa with us?*

Please arrive a minimum of 15 minutes before your scheduled appointment so that you may relax and fully prepare for your journey.

You may take full advantage of our showers, steam rooms and relaxation areas before and after your treatments.

We provide lockers for clothing and other personal items, but we ask that you please leave valuables locked in the safe provided in your room.

Unfortunately, we are unable to extend service times due to late arrivals. If you are late for your appointment, you will receive the total time remaining for the time slot that you were allotted.

In accordance with International Spa Industry Standard, certain medical conditions may prohibit the use of some facilities, and your ability to experience some of our services.

Gift certificates are available for Birthdays, Wedding Anniversaries and Special Occasions. Group rates are available for special events of 4 or more. Contact the Landings Spa for more details at **4587332/33 or Ext. 7332/7333**

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INTIMATE PACKAGES FOR

Women's Health

The Landings Resort and Spa are honoring women with their newly launched program focusing on female health and wellbeing; by delivering carefully curated treatments and a highly bespoke experience that addresses menopause, hormonal imbalances, postpartum, aging, and more.

Our spa will provide tender care to women seeking guidance, and relief as they embark on their journey through per-post menopause, hormonal imbalances, post-partum, aging and menstrual discomfort.

This revolutionary Spa program launches new products such as SkinCeutical, Elemis and Natura Bisse, oils, and teas to support menstrual cycles, menopause night sweats, to postpartum treatment therapy which will aid in after birth recovery.

These programs will include treatments from the resort's Physiotherapist, Dr. Ferhn Henry. Dr Ferhn Henry Specializes in injury, illness or disability through movement and exercise, manual therapy, education, and massage. Her treatments also aid with menopause, postpartum, and menstrual discomfort.

Female health program treatments in Spa Menu are marked with this icon



Please note all prices are in \$USD



Menopause Treatment

60 Minutes - \$240

Our Physiotherapist session starts with consultation, assessment, and evaluation. This determine the appropriate program and treatments intervention:

- Myofascial Release, using hot and cold packs
- Muscle Stretching to alleviate fatigue and cramping. Muscle stretching promotes blood circulation, minimizing pain and discomfort felt in muscles and joints associated with menopause.

THE MASSAGE SESSIONS:

60 Minutes - \$150 / 90 Minutes - \$190

Swedish Massage – Clary Sage Oil/Thyme Oil

60 Minutes - \$150 / 90 Minutes - \$165

Anti- Aging Facial – SkinCeutical
Retexturizing/Hydrating – Elemis



Post-Partum Physiotherapy Treatment

Physiotherapy treatment helps in the general conditioning and rehabilitation of the pelvic muscles through stability exercises. This muscle usually becomes weaker following childbirth. Pelvic floor rehabilitation assists with symptoms such as urinary incontinence, frequency, and urgency to relieve. This treatment helps with strengthening and re-training of the pelvic floor muscle, assist in bladder and bowel function, and promote core stability.

MODALITIES:

60 minutes - \$250

Ultrasound Treatment, TENS, Heat/Ice

60 minutes \$150 / 90 minutes \$185

Treatment starts with series of massages ranging from light to deep touch, depending on the person. This massage will relax the muscles, increase circulation, lower stress hormones to bring about both physical and emotional relief.

YOGA *Classes*

3 sessions at **\$35 each**



Monthly Cycle Massage Packages

A woman's monthly or mother nature's gift, unfortunately brings about discomfort and pain to women. Symptoms usually include low back pain, abdominal cramping, fatigue, neck pain, headaches, and sciatic pain in the limbs. We offer professional physiotherapist consultation and ultrasound therapy to assist in pain relief and muscle relaxation. These help to relieve cramping to the lower back, upper trapezius muscle and neck.

MODALITIES:

60 Minutes - \$240

Stretching, TENS, and flexibility exercises as necessary to relive muscle spasms and cramps.

Stability exercises to maintain the core and help in the prevention of further discomfort.

MASSAGES:

This treatment will include compression technique to the sacrum (lower back) to relieve cramping sensations and period pain.

RELIEVING OILS:

60 Minutes - \$155 / 90 Minutes - \$170

Chamomile, Geranium Eucalyptus, Lavender, and Juniper Berry will be used to help general PMS symptoms.



A Treatment for The Hair and Mind

60 Minutes - \$75

Treatment starts with a gentle flow of relaxing movements, cradling the head with every stroke as a welcoming touch.

An application of our blend of Rosemary/Lemongrass or Ginger, Ginseng and Rosehip oil is applied to the scalp. The oils are worked into the scalp using shiatsu and craniosacral hold to increase relaxation and circulation to the hair follicles. This treatment is concluded with a neck work and massage. A heating cap or warm towel can be used for further benefit.

Please note all prices are in \$USD



SKINCEUTICALS

ADVANCED PROFESSIONAL SKINCARE



DIAMOND WELL-LIVING

THE MASTERY OF TOUCH



Skin Care & Facials

Luxury treatment for the face based on the iconic Natura Bissē' iconic Diamond Collection. Premium treatment that transforms the most effective skincare regime into a magnificent experience that leaves you glowing.



MAIN STARTERS:

60 minute treatments created to relax, soothe, hydrate and reveal glowing skin in just one step.

Youthful Recovery

60 Minutes - \$90

Anti-inflammatory recovery treatment to calm irritated skin and accelerate healing. This is an exceptional recovery treatment for damaged or hypersensitized skin.

Brightness Recharge

60 Minutes - \$90

Enjoy a powerful infusion of vitamin c antioxidants with this sensory treatment recharging the vitality of your skin.

Anti-Aging Rejuvenate

60 Minutes - \$90

Our Essential Shock Intense Concentrate is an intensive treatment using amino acids to help rejuvenate the skin.

O2 Blast

60 Minutes - \$110

If you experience stress, live in a polluted environment, or notice your skin feels suffocated, we recommend this purifying treatment. It includes a double cleanse to remove toxins that have built up in your pores and releases pure oxygen into the skin to provide energy, vitality, and hydration; letting stressed and dull complexions regain their healthy natural radiance.

Skin Comfort

60 Minutes - \$110

This powerful, soothing, and protective treatment combines repairing ingredients that work to visibly improve skin congestion and redness with highly effective extracts to soften and reinforce the skin against inflammation. This anti-aging facial restores the levels of collagen, protects the skin from external aggressors, and boosts the skin's ability to repair itself. Perfect for sensitive and sensitized skin.

The Essential Shock Facial

60 Minutes - \$135

A luxurious remodeling and firming treatment with three types of collagens of different molecular weights (high, medium, and low) that sculpts and defines facial contour, improves skin density and preserves moisture.

Choose this treatment for a more vital complexion with faded expression lines and wrinkles. An infusion of plant-based isoflavones helps compensate for the hormonal deficit in mature skin and combat sagging skin. This facial incorporates a luxury cleansing ritual with a Shinohara massage to achieve complete relaxation.

Please note all prices are in \$USD

Skin Atelier

Exceptional facial treatments of 30 – 60 minutes, specially designed to treat any skin need or condition. All skin types will find the right treatment to restore their beauty and radiance.

The O2 Relax

60 Minutes - \$100

The essential exfoliating and invigorating treatment reenergizes cellular function and reveals perfectly hydrated skin. The revitalizing power of pure oxygen will decongest and brighten a dull complexion restoring clarity and a healthy glow.

CLASSIC
MASSAGES
PAGE 13

Body Scrubs

Awakening body polish

30 Minutes - \$80

Give yourself permission to shed those bad vibes. Sink into this indulgent texture and re-emerge with pristinely soft, nourished skin. Feel the exfoliating magic of Dead Sea salt crystals and rice powder.

Citrus Body Polish

60 Minutes - \$120

This sensory treatment polishes the skin, due to its highly effective exfoliating agents. Feel the citrus energy that eliminates dead skin cells and reveals an extraordinarily radiant and protected skin.

Body Renewal

60 Minutes - \$120

Dare to renew yourself. Dive into this indulging texture and reveal baby soft skin with the exfoliating marvel. Choose from our Coconut Spice, Volcanic scrub or charcoal scrub; leaving your mind, body, and skin restored with a rejuvenated level of energy.

Aloe Sunburn Cooler

30 Minutes - \$65

Designed to smooth skin after a day in the bright St. Lucian sun. This treatment nourishes and rehydrates the skin using the healing powers of Aloe-Vera which is ideal for sunburns.

Absolute Wellness

60 Minutes Scrub Only - \$95

Lose yourself in the luxury of relaxation. Press pause and sink into the exfoliating wonderment of Dead Sea salt crystals and rice powder. Emerge transformed with radiant, healthy skin. Complete your experience by booking a customized massage that melts moisture deep into the skin, whilst leaving behind a lightweight veil and the overall sense of balance and well-being.

90 Minutes Scrub with Massage - \$180

Add a customized massage

60 / 90 Minutes

UPGRADE YOUR
MANICURE
PAGE 17

PERSONALIZED TREATMENTS:

We pride our spa in extending our services to pamper women going through pre or post menopause. With that in mind we have tailored our offer to include specialized oils, teas and treatments. Consult with our qualified therapist to bring your treatment to life.



Body Wraps

Ultimate Detox

60 Minutes - \$175

Dare to renew yourself. Sink into this indulging texture and re-emerge with amazingly soft, nourished skin. Feel the exfoliating magic of Dead Sea salt crystals and rice powder. A Detox alga wrap with high levels of mineral salts, vitamins, and trace elements to replenish dull skin. While relaxing in the full-body wrap, you will experience a relaxing scalp massage. After the mask is removed, an application of nourishing cream completes this journey leaving your skin revived, hydrated, ultra-smooth, and illuminated.

Live Well – Be Well

60 Minutes - \$175

Prepare yourself for an unparalleled sensorial experience. Surrender and re-emerge with amazingly soft, supple skin. From head to toe you will feel the exfoliating benefits of Dead Sea salt crystals and rice powder. Drift away as a hydrating mask is applied and you are enveloped into a full body wrap, followed by a relaxing scalp massage for reduced tension and relaxation of the nervous system. After the mask is removed, a customized application of nourishing oil will complete this journey leaving your skin revived, hydrated, ultra-smooth, and luminous.

Citrus Drench

60 Minutes - \$180

Begin with a full-body exfoliation, followed by a hydrating body wrap. Natural ingredients, shea butter, ascorbic acid, and bitter orange extract protect the skin from dryness and premature aging. This treatment provides an intense antioxidant benefit, leaving the skin firm after just one session



Body Massage

Diamond Well-Living Experience Massage

60 Minutes - \$165

90 Minutes - \$210

My Moment:

What do you need today? A boost of vitality? To leave fatigue behind? To hit the off switch and relax? To detoxify mind and body, select the sensorial mood you would like to experience: a personalized body massage that renews your skin and senses.

Choose your Mood:

- I need to slow down – lavender
- I need to reset – seaweed and chia
- I need to feel energized – citrus and cypress
- I need to relieve tension – mint, and eucalyptus



**DIAMOND
WELL-LIVING**
THE MASTERY OF TOUCH

Please note all prices are in \$USD

ELEMIS



Freestyle Deep Tissue Massage

Stress-a-way – Soothe and relax

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

Treatment Time:

30 Minutes – \$100

60 Minutes – \$180

90 Minutes – \$230

Open cuts or abrasions, recent operations (within 3 months), undiagnosed oedema, infectious skin diseases, severe varicose veins, severe sunburn and diabetes. **(Not suitable during pregnancy)**

Body Nectar Nourishing Wrap – Frangipani

50 Minutes – \$85

The velvety texture of the Monoï Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. Great for parched or mature skin. Complete this luxury treatment with Frangipani Body Cream enriched with exquisite Macadamia oil and lipid rich sesame oil.

Intensely Cleansing Salt Scrub – Frangipani

50 Minutes – \$85

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Mineral rich salts and Hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian Monoï oil and Frangipani flowers seal in moisture. Skin is left delicately fragranced.

Pro-Glow Smooth

50 Minutes – \$120

The HIIT workout for your skin powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

WAXING & HAIR REMOVAL

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Treatments

Age-Defying Luxury Facial

50 Minutes - \$160

This anti-aging treatment is designed to revitalize and repair dull, tired skin, while restoring luminosity. Treatment starts with double cleanse, prepping the skin for peel preparation using the micro peel solution. This facial is for normal, dry or combination skin.

Brightening Luxury Facial

50 Minutes - \$160

This enhanced luxury brightening treatment refines and restores skin radiance. Double cleanse, degreasing of the skin. Start with peel application. Light extraction if needed.

Clear Luxury Facial

50 Minutes - \$160

This detoxifying treatment purges skin of impurities and rebalances congested skin resulting in a clear glowing complexion. The skin is double cleansed, a mask is applied, massaged, followed by peel. Extraction if needed.

VISIBLE ANTI-AGING RESULTS:

- Reduces the appearance of coarse wrinkles, and improves the look of skin firmness, and overall brightness.
- 9% pure Active Botanicals – Cucumber, Thyme and Olive.
- Along with Calming Peptide and Hyaluronic Acid.





Classic Massages

Swedish Massage

60 Minutes - \$95 / 90 Minutes - \$130

Full body classic massage, designed to alleviate muscle tension, this therapeutic treatment offers much needed relief and comfort; improves circulation, ease muscle pain and releases stored up stress.

Deep Tissue

60 Minutes - \$110 / 90 Minutes - \$140

This massage uses therapeutic skills and techniques that release specific areas of tension; target muscle tightness and fatigue within the muscular system. Beneficial to relieve chronic muscle tensions.

Hot Stone

60 Minutes - \$110 / 90 Minutes - \$145

Harness the properties of Basalt stones in warm water, anoint them with healing oils and massage them on key energy points of the body. The deep penetrating heat of volcanic stones, combined with massage techniques and warmed oils, are simply divine.

Oriental Head, Back, Neck & Shoulder

30 Minutes - \$70

A relaxing treatment, concentrating solely on your scalp, neck & shoulders, for a shorter burst of relaxation and muscle tension relief. Ideal as an add-on to any facial.

Aromatherapy Massage

60 Minutes - \$120

This therapeutic massage is enhanced by the use of essentials oils to personally meet your needs. It is combined to balance the body's energy and increase lymphatic drainage.

Couples Shared Moments

60 Minutes - \$300 / 90 Minutes - \$350

Inspired by the beautiful Caribbean island with your favorite person. Each of you will receive a soothing full body massage, as we take you and that special someone on an aromatic journey that highlights the indigenous aroma rituals to be enjoyed side-by-side in the privacy of our couple's suits, creating the ideal vacation experience. Toast to this perfect occasion with a glass of bubbly champagne.

Reflexology

90 Minutes - \$120

This technique is a traditional Asian practice that includes the manipulation of pressure points in the feet to encourage healing and renewed energy flow along the body's meridians. The pressure points correspond to the body's vital organs and restore energy pathways to their natural state.

Mother to be

60 Minutes - \$110

Specially designed for women who are past their first trimester. This treatment will help focus on a relaxing experience of the legs, feet and face to achieve an overall sense of well-being; giving you the pampering you deserve.

NAIL ADD-ONS

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Please note all prices are in \$USD



ELEMIS PRODUCTS

Pro-Collagen Cleansing Balm 100g	\$67.30
Frangipani Monoi Salt Glow Body Scrub 490g	\$63.12
Pro-Collagen Energizing Marine Cleanser 150ml	\$71.74
Pro-Collagen Marine Cream SPF 30 50ml	\$134.64
Pro-Collagen Oxygenating Night Cream 50ml	\$168.32
Pro-Collagen Marine Moisture Essence 100ml	\$94.68
Pro-Collagen Quartz Lift Serum 30ml	\$186.20
Pro-Collagen Eye Renewal 15ml	\$110.46
Instant Refreshing Gel 150ml	\$58.32
Frangipani Monoi Body Oil 100ml	\$58.90
Exotic Frangipani Monoi Body Cream 200ml	\$42.08
Frangipani Monoi Salt Glow Body Scrub 490g	\$63.12

NATURA BISSE PRODUCTS

C+C Vitamin Cream 2.5oz	\$196.40
C+C Vitamin Splash 7 Fl. oz	\$62.00
Diamond Lip Booster 0.50oz	\$113.93
Dry Oil De-Stress 3.5oz DWL	\$92.52
Dry Oil Detox 3.5 oz DWL	\$92.93
Dry Oil Energizing 3.5oz DWL	\$92.93
Dry Oil Fitness 3.5 oz DWL	\$92.93
Essential Shock Intense Cream 200ml	\$192.14

SKINCEUTIAL PRODUCTS

Silymarin CF 30ml	\$243.86
Ferulic 30ml	\$243.86
Phloretin CF 30ml	\$243.86
A.G.E. Eye Complex 15ml	\$146.90
Phyto A 30ml	\$154.24
Triple Lipid 48ml	\$190.96
Discoloration Defense 30ml	\$143.86
Physical Matte 30ml SPF50	\$51.46
Clarifying Exfoliating Cleanser 150ml	\$51.46
Glycolic Cleanser 150ml	\$55.82
Purifying Cleansing Gel 200ml	\$51.48
Hydra Balm 50ml	\$33.78
Retinol 0.5 30ml	\$111.64
Hydrating B5 MS 75ml	\$80.80

Please note all prices are in \$USD





Signature Massage Rituals

Chocolate Caribbean Whoopie Rituals

90 Minutes - \$245

Discover a completely unique mind and body experience that transforms you inside and out. Luxury at its best, made with local cocoa nibs. This all natural chocolate treatment is a heavenly treat for the chocolate-lover. This ritual starts with an invigorating body polish of natural chocolate which is designed to eliminate toxins and dead skin. Follow with a 20min body wrap to ensure your body releases stress and toxins. Top off with a relaxing massage with coconut chocolate milk to nourish the skin, leaving your skin with a younger looking radiant glow.

Lucian Paradise

60 Minutes - \$110 / 90 Minutes - \$135

A truly decadent full body massage. Light to medium pressure with soothing application of local coconut milk followed by your massage with local coconut moisturizer that will smooth, soften and tone your skin; leaving you balanced and your senses revitalized.

HAIR DRESSING
AVAILABLE

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Spa Packages / Full & Half Day

Choose from any of these special packages and enjoy rituals based upon your chosen sensory experience. We encourage you to connect to harmony, peace and relaxation in a true feeling of the Caribbean spa setting with our island-inspired packages.

Paradise Combo

2 hours - \$170

Your day begins with a Caribbean journey to include: Coconut or coco scrub, Paradise massage and a pressure point facial therapy, creating a balance to the skin's texture giving you the pampering you deserve.

Harmony

2 hours - \$180

Relax, ease and reconnect your senses into a tropical state-of-mind with a Marine body wrap, back, neck, shoulder and head massage, followed by a nail re-shape and polish leaving you with an intense feeling of rejuvenation.

Escape

4 hours - \$295

This is our holistic combination of a nourishing and revitalizing package that would soothe away your stresses with a complete top to toe, sleep inducing infusion that includes treatments for all areas of the body; Classic Swedish Massage, Tropical Facial, Ocean Edge Manicure & Pedicure. You'll look and feel amazing from head to toe.

Man's Day Serenity

3 hours - \$270

Join us for the most relaxing experience known to man; Deep Relief Massage, Man Pedicure or a Smooth Edge Facial. Treatments can be tailored to suit your individual needs.

With all package treatments for the day you will be treated to light refreshments and cocktails. You are also free to use the jacuzzi and Gym during the course of your time spent with us at the spa.

Please note all prices are in \$USD



Tropical Nails & Aesthetic Treatments

Nail Reshape & Polish

\$30

This quick fix includes removal of old nail enamel polish, file, shape, buff and re-polish of the nails. (gel lacquer removals require additional appointment time and cost. Please advise upon booking)

Hand / Foot Renewal

30 Minutes - \$60

Revive tired hands/ feet with a refreshing aromatic hands/feet soak and exfoliation. It also includes a mini hand and foot massage. The damage caused by external aggressors will disappear to reveal radiant and revitalized skin

Oceans Edge Manicure

\$55

Removal of regular nail polish, soaking of hands, cuticle work, filing /cutting, massage and painting with regular polish. (gel lacquer removals require additional appointment time and cost. Please advise upon booking)

Ocean Edge Pedicure

\$65

Removal of regular nail polish, sparkling citrus soaking of the feet, exfoliating scrub, rasping, cuticle work, filing /cutting, . Finish with a fragrant, hydrating milk massage and painting with regular polish. (gel lacquer removals require additional appointment time and cost. Please advise upon booking)

Exotic Sea Salt Manicure and/or Pedicure

Mani 60 Minutes - \$55 /

Pedi 60 Minutes - \$60

Treat your hands or feet to a luxurious, soothing treatment of filing, buffing and cuticle work. Our cocktail-inspired exfoliating scrub invigorates and polishes dull, dry skin enriched with a hydrating massage and polish followed by a rich hydrating massage and then polish. This nourishing treatment will leave your hands velvety soft and well groomed while restoring moisture to damaged feet and heels.

Royal Citrus Mani & Pedi

90 Minutes | Combo: \$110 | Seperate: Mani \$55 / Pedi \$65

Replenish your hands and feet with a quenching citrus scrub and a whipped vitamin C soufflé. This highly effective combination works to provide the skin with a soft, radiant, and glowing appearance

UPGRADE YOUR CLASSIC MANICURE OR PEDICURE WITH NATURA BISSE PRODUCTS



AVAILABLE ONLY BY PRE BOOKINGS

Waxing / Hair Removal

Full Leg
\$65

Full Leg & Bikini
\$90

Half Leg
\$40

Half Leg & Bikini
\$65

Half Arm
\$20

Underarm
\$20

Bikini Wax
\$30

Brazilian
\$45

Lip/Chin
\$10

Brow Shape
\$20

Facial Wax
Starting from - \$10

Longer Lasting Gel Lacquer Nails

Gel Lacquer Removal
\$35

Removal of Gel Lacquer only.
(Not acrylic or hard gel nail extensions)

Gel Manicure

\$65 (Not inc removal of gels)

Dry manicure working cuticle areas, filing /cutting.
Nail preparation for OPI gel Lacquer finished with
massage and oils.

Gel Pedicure

\$70 (Not including removal of gels)

Removal of nail polish, soaking of feet, exfoliating,
rasping, cuticle work, filing /cutting, massage and
painting with regular polish.

True Diva Nail Add-Ons

Give your nails that extra wow factor with one of our nail add-ons.

French Paint Upgrade
Regular or Gel
\$50

Paraffin Wax
Treatment
\$30

Please note all prices are in \$USD



Hair dressing

Gents Wash,
Cut & Beard Shave
\$38

Shampoo
& Blow Dry
Short – \$45
Medium – \$55
Long – \$75

Shampoo, Cut
& Blow Dry
Short Hair – \$70
Medium – \$80
Long – \$100

****Long or Thick surcharge between \$15 and \$40,
dependent on hair and time required, will apply**

Please arrive 15 minutes or more prior to treatment time to enjoy the facilities. Late arrivals will receive only the remaining available treatment time and the full treatment price will apply.

Cancellations within 24hrs of the treatment time or No Shows will be charged 50% of the treatment cost. If multiple treatments are booked in a block we require a 72-hr. Cancellation in addition to the regular policy. The spa reserves the right to refuse guests who repeatedly cancel or no-show without notice.

Notify the spa if you are pregnant or have any other medical/health issues that could affect your service or treatment choice. Prices are subject to change without notice. 10% Service charge plus the appropriate VAT will be added to your final bill.

Please note all prices are in \$USD



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ENJOY YOUR
Spa Day



T H E

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Contact the Landings Spa for more details
4587332 / 33 or Ext. 7332 / 7333