



THE LANDINGS RESORT & SPA
BY ELEGANT HOTELS

SPA MENU





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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TIME OUTS / BODY TREATMENTS

Experience your true self in a place unconstrained by time when you choose a 60 minute Massage session that will bring deep sense of peace and wellbeing. Designed to engage the senses, giving the mind and body the opportunity to openly receive the benefits of each therapy; Focused on reviving muscular tensions.

LOMI JUMA **60 Minutes \$90**

Restore your inner balance with a fusion of massages inspired by different techniques. This treatment improves micro circulation, unblocks your joints and relaxes your muscles while restoring your physical and mental well-being.

QUIRO SPORT **60 Minutes \$90**

A sports Massage ideal for relaxing the body through techniques and specific products that target tension and sore muscles. Perfect after an intense session of physical activity.

DIAMOND EXPERIENCE ROSE MASSAGE

60 Minutes \$130

Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing exfoliation, followed by a regenerating massage with exquisite absolute Damask rose oil that will transport you to a complete state of relaxation and well-being.

CLASSICS MASSAGES

SWEDISH MASSAGE

60 Minutes \$80 / 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 \$95 / 90 Minutes \$140

This massage utilizes the skills using therapeutic techniques that releases specific areas of tension, target muscle tightness and fatigue within the muscular system. Beneficial to relieve chronic muscle tensions.

HOT STONE

60 Minutes \$100 / 90 Minutes \$145

Harnessing 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 simple divine.

ORIENTAL HEAD, BACK NECK & SHOULDER

30 minutes \$50

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 \$80

Specially designed for women who has 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.

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ADD A
MANICURE/
PEDICURE

SIGNATURE MASSAGE RITUALS

CHOCOLATE CARIBBEAN WHOOPIE RITUALS

90 Minutes \$235.

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 chocolate-lover.

Our cocktail-inspired exfoliating exquisite sea salts which are infused with chocolate mousse, anti-aging, organic, that will invigorate and thoroughly polish to smooth uneven skin, remove impurities as your body emerges incredibly soft and silky to the touch. This ritual is followed by an application of warm cocoa nibs' natural chocolate wrap designed to eliminate toxins from the body and re-mineralizes the senses. You are then wrapped for 20 minutes in a thermal blanket to ensure your body releases stress and toxins. Topped off with a blissfully ultimate relaxation massage with a coconut chocolate milk custom blended with antioxidant-rich oils. This nourishing massage, not only will it woo your senses, it will feed your skin with powerful antioxidants for a younger-looking

radiant glow. **LUCIAN PARADISE**

60 Minutes \$100 / 90 Minutes \$125

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.

CUSTOM THERAPY

60 Minutes \$110 / 80 Minutes \$135

A combination of massage therapies tailored to your specific needs. This is one island journey you will soon come back for.

ADD SOME
HAIR TREATMENT!

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NATURA BISSE SKIN CARE/ FACIALS TREATMENTS

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

DIAMOND EXPERIENCE / ETERNAL YOUTH FACIAL

90 Minutes \$180

Energize your skin with a treatment designed to reboot dull skin from environmental stress and DNA damage while improving definition of facial contours and dramatically restoring elasticity in skin texture and tone. This treatment includes steam and extraction to promote clear, healthy skin. Crisp, green slice cucumber is then applied over the eyes for a healthy, cooling effect of relaxation while the mask is being absorbed into the skin.

MAIN STARTERS

60 minute treatments created to relax, soothe, hydrate and reveal glowing skin in just one step. Each treatment includes a restoring body massage and a mini facial

D STRESS

60 Minutes \$80

A luxurious oxygen therapy for face and back that detoxifies and hydrates targeted areas while relaxing and providing a complete sense of well-being.

RECOVERY

60 Minutes \$80

Soothe irritated skin and reduce inflammation on the face and back. This is an exceptional recovery treatment for damaged or hypersensitized skin.

RECHARGE

60 Minutes \$80

Recharge your skin with the antioxidant benefits of pure vitamin C. A true sensory therapy for face and back.

REJUVENATE

60 Minutes \$80

Put your best face forward with this intensive treatment based on a powerful amino acid cocktail and other key ingredients that defy aging. A rejuvenating treatment for the face and back.

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.

THE SKIN COMFORTER

60 Minutes \$100

Rebuilds skin tolerance, visibly reduces sagging and reverse micro inflammation which causes premature aging. Specifically designed to instantly reinforce the skin. This tailored facial is a serious answer for hypersensitivity and rosacea.

THE CITRUS ESSENCE

60 Minutes \$120

An antioxidant treatment that restores vitality to sun damaged skin and helps minimize the signs of premature aging. 100% pure vitamin C that will stimulate collagen production and renew skin firmness.

THE YOGA FACIAL

60 Minutes \$120

Calming facial for inflamed skin, using a combination of botanicals and a unique relaxing massage. Fruit enzymes exfoliate the skin while an algae mask helps replenish lost vitamins and minerals. Adds hydration to the skin, the body's vital organs and restores energy pathways to their natural state.

BODY PERFECTORS WRAPS & SCRUBS

DETOX MARINE SEAWEED WRAP

60 Minutes \$95

Designed to ease tired muscles and eliminate toxins from the body. Warm seaweed is gently massaged into the entire body before you are cocooned in a relaxing wrap. After the detoxification process, enjoy a warm shower follow by body moisturizer all over.

O2 BODY PERFECTION

60 Minutes \$100

Rich in macronutrients to provide an intensely nourishing, firming and rejuvenating effect. Helps prevent fluid retention, eliminate toxins and reduce cellulite.

EXFOLIATING BODY TREATMENTS

BAMBOO SCRUB

60 Minutes \$70

An exfoliating treatment that nourishes and hydrates the skin with essential elements of bamboo microfibers and essential oil. It cleanses and polishes the skin, leaving the skin glowing vibrant and flawless.

CITRUS SCRUB

60 Minutes \$65

A sensory experience combined with micronized bitter orange lava and bamboo that will leave your skin feeling silky smooth.

ALOE SUNBURN COOLER

From \$20

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.

ADD A WAX
TO THIS
TREATMENT!

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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 \$150

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

ESCAPE

4 hours \$280

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.

HARMONY

2 hours \$160

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.

MAN'S DAY SERENITY

3 hours \$200

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.

TROPICAL NAILS & AESTHETIC TREATMENTS

CLASSIC NAILS: HANDS & FEET

Embrace your diva with one of our beauty services. They will leave your hands kissably soft and your feet silky smooth. This playful twist of classic Mani / Pedi will leave you feeling blissful satisfied and refreshed.

NAIL RESHAPE & POLISH

\$15

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)

UPGRADE YOUR CLASSIC MANICURE
OR PEDICURE WITH NATURA BISSE
PRODUCTS

HAND / FOOT RENEWAL

30 Minutes \$30

Revive tired hand/ feet with a refreshing aromatic hands/foot 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

\$40

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

\$50

Removal of regular nail polish, sparkling citrus soaking of the feet, exfoliating scrub, rasping, cuticle work, filing /cutting, etc., etc. 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 \$45 /

Pedi 60 Minutes \$50

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.



TIME TO FEEL SMOOTHER

LONGER LASTING GEL LACQUER NAILS

GEL LACQUER REMOVAL

\$20

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

GEL MANICURE

\$50 (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

\$60 (Not inc 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

\$10

PARAFFIN WAX TREATMENT

\$20

WAXING / HAIR REMOVAL

FULL LEG \$65

BRAZILIAN \$45

FULL LEG & BIKINI \$90

LIP/CHIN \$10

HALF LEG \$40

BROW SHAPE \$20

HALF LEG & BIKINI \$65

FULL STOMACH
& CHEST \$100

FULL ARM \$25

FULL BACK \$80

HALF ARM \$20

FACIAL WAX FROM \$10

UNDERARM \$20

BIKINI WAX \$30

AVAILABLE ONLY BY
PRE BOOKINGS

HAIR DRESSING

GENTS WASH
& CUT \$35

BLOW DRY
\$40*

CUT & BLOW
DRY \$58*

** Long or Thick surcharge may apply for these services \$15 - \$40 dependent on hair and time required.

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.

ENJOY YOUR
SPA DAY



THANK YOU

We hope we have enhanced your holiday experience and wish your day is filled with well-being, vitality and joy until we meet again.





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WWW.LANDINGSSTLUCIA.COM

