



ZEMI THAI HOUSE

SPA SERVICES

YOUR JOURNEY BEGINS HERE...

#### THE TREATMENTS

Inspired by the ancient healing traditions of the Taino people, who lived in Anguilla, the spa centers on their belief that all of nature's elements had the ability to heal mind, body and spirit. At the Zemi Spa, we layer these elements to create a highly unique treatment experience. Knowledgeable therapists will guide you to blissful balance, using Wood for Rejuvenation, Fire for Energy, Earth for Balance, Metal for Detoxification or Water to Soothe. The result is an authentic spa experience that is highly distinctive.

#### THE RETREAT

Nestled inside of an ancient Thai House, the spa offers oversized Spa Suites for guests to retreat in total privacy. After your treatment, enjoy some freshly prepared teas from our spa garden, while you feel at ease in one of many relaxation areas. Guests are encouraged to come for a treatment, and stay for the day, to enjoy our purifying Taino Bathing Ritual.

#### THE DESIGN

The main Spa level naturally lends itself to a space filled with natural light, orchid gardens and the sounds of flowing water – crisp whites and natural blues compliment the renewing rhythm of this healing space. This flows naturally throughout the organic stone used for the hammam, outdoor showers, clay and salt deck, and vitality pool. In the outdoor spaces, green areas offer a connection to nature, with a juice bar set underneath a Thai rice house. The Spa Treatment Suites offer lavish materials with idyllic hanging lanterns, rich mahogany and vaulted ceilings.

## ADVANCE HEALING RITUALS

### ELEMENTAL HARMONY *(120 Minutes)*

This therapeutic ritual commences with a sensory experience to determine your element of choice. This is followed by a rejuvenating Mother of Pearl exfoliation before your therapist eases away any tension, with a soothing and indulgent deep tissue body massage. The ritual concludes with a pampering and hydrating botanical facial, soothing hot oil scalp massage and stress-releasing foot massage to leave your mind still, centered and content and your skin nourished, soft and radiant.

### ZEMI SUN RITUAL *(120 Minutes)*

This nourishing treatment commences with an exfoliation, using a tropical feast of Papaya, Macadamia, Sugar and Sea Salt to gently shed dead skin cells followed by a cooling Cucumber and Aloe wrap. While the wrap is activating, your therapist will deliver a soothing scalp acupressure massage to lull you into gentle slumber. After removing the wrap, your therapist will apply oils infused with Frangipani, Jasmine, Mandarin and Tuberose to evoke the feeling of the sun and the sea.

### THAI QI FUSION *(90 Minutes)*

We created this healing treatment in honor of our Thai House! This therapeutic, warming and invigorating massage integrates Thai herbal compresses with stretches, acupressure and vigorous massage. Helps energize the body's flow of Qi, release tight muscles and promote a feeling of optimum well-being.

## BODY MASSAGE

### FIVE ELEMENT AROMA MASSAGE *(50/80 Minutes)*

This Aromatherapy massage blends customized essential oil infusions, with heated stones (optional)\* and skillful therapeutic techniques to deliver the ultimate massage experience. This treatment is designed to be totally bespoke and customized to each individual.

### GRAPEFRUIT & ROSEMARY MUSCLE MELT *(50/80 Minutes)*

Combining stimulating Grapefruit, Nutmeg and Rosemary, with deep tissue massage therapy; this concentrated treatment will unravel tension in sore and tight muscles, relieve deep stress and tension and enhance the body's circulation. Incorporating hot stones and a warm and invigorating balm, this treatment is highly recommended for anyone suffering from chronic stress, pain or tension.

### CACIQUE'S DEEP TISSUE *(50/80 Minutes)*

A powerful massage designed for men to alleviate deep-seated tension and muscular stress. Using the invigorating and warming properties of the fire element, the therapist concentrates on specific areas to alleviate common discomforts such as a stiff neck, lower back pain and sore, tight shoulders. The treatment ends with a soothing scalp massage, to restore vitality and eliminate fatigue. Cacique – Head of the Taino tribe, known for his strength and vitality.

### PRE-NATAL WELL-BEING MASSAGE *(50/80 Minutes)*

A massage developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease aches, shift fluid retention, alleviate stretch marks and promote a state of calm and optimum well-being. Using an infusion of Mandarin, Rose and Lavender Flower, our pre-natal massage is a must for any mother-to-be.

## ADVANCED BEAUTY

Utilizing unique, bio-active ingredients with sophisticated technologies and exquisite plant oils at therapeutic levels, Elemental Herbology products offer advanced skincare solutions to produce visible results.

### CUSTOMIZED FACIAL *(60/90 Minutes)*

This transformative facial combines healing botanicals, vitamins and marine extracts, to feed the skin and restore equilibrium, while creating a more vibrant and healthy complexion. Totally bespoke, we customize the facial to address your skin's specific requirements. Incorporating deep cleansing, exfoliation, detoxification and nourishment, this treatment replenishes the skin to give immediate and long-lasting results.

### KOMBUCHKA™ SKIN BRIGHTENING RADIANCE & VITALITY FACIAL *(60 Minutes)*

Using a 20% solution of Vitamin C infused with Kombuchka™, a fermented black-tea known as the "Elixir of Life", helps to dramatically enhance the tone and texture of the skin. Skin feels smoother, appears brighter and more radiant, and the complexion is more balanced, with reduced pigmentation.

### BIO REJUVENATING AGE SUPPORT FACIAL *(90 Minutes)*

This transformational facial addresses the key underlying causes of physiological aging. By improving detoxification, enhanced cellular drainage, micro-circulation, skin nutrition and hydration, the skin's tone, elasticity, radiance and moisture levels are radically improved. This reviving and rejuvenating treatment begins with a deep cleanse and AHA exfoliation followed by extensive lymphatic massage and acupressure to repair and revitalize the skin. This facial delivers both immediate and long-lasting results.

### MEN'S BALANCING FACIAL *(60 Minutes)*

Our gentleman's facial combines vitamins and marine extracts to create a healthy complexion. This treatment includes a deep pore cleansing, resurfacing of dead skin, soothing masque, and a relaxing acupressure inspired head, neck and shoulder massage to alleviate skin sensitivity, dullness and daily tension found in your day-to-day life.

## BODY TREATMENTS

### PAPAYA & ARGAN OIL BODY POLISH *(60 Minutes)*

Shed flaky, dead skin cells with a tropical cocktail of super foods, before sealing your limbs with Macadamia and Olive body hydrator, containing subtle levels of an eco-certified tanning agent to impart a fresh, sun-kissed, radiant glow.

### CUCUMBER & ALOE WRAP *(60 Minutes)*

To cool and soothe sun drenched skin we will slather you in a cooling Aloe and Cucumber wrap before applying refreshing, cool stones to further activate the mask. The finale, a Watermelon body tonic, will leave your skin feeling cool, calm and refreshed.

### GUARANA AND GREEN TEA BODY WRAP *(80 Minutes)*

Inspired by ancient healing traditions, Kaolin Clay, infused with Rosemary, Grapefruit and Juniper Berry is soaked into the skin to release impurities and stimulate metabolism. This nurturing experience concludes with an application of Guarana and Green Tea boosting serum that will leave you feeling warm, purified and revived.

## TRANQUIL SOOTHIES

### POOLSIDE CHAIR MASSAGE *(15/30 Minutes)*

Enjoy a combination of head, shoulder and back massage. While in this calm state the body and mind is given an opportunity to recharge.

### ELEMENTS POOLSIDE PAMPERING *(15 Minutes)*

Create a unique poolside experience in the comfort of your chaise lounge by enjoying a choice of a stimulating scalp, relaxing shoulder or therapeutic foot massage.

### MANGO SHEA SCALP SOOTHIE *(15 Minutes)*

The relaxing scalp treatment begins with an acupressure massage and concludes with an application of Mango and Shea Butter to calm and centre the mind, while also hydrating and nourishing the scalp and hair, leaving it soft, silky and radiant.

## SPA ETIQUETTE

### SPA AND FITNESS OPENING HOURS

Spa is open 9:00am to 7:00pm  
Fitness Center is open 24 hours

### SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Spa Reservations Team who will be able to guide you to the right choice. To ensure your preferred time and service is available, we recommend that you book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

### ARRIVAL TIME

We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. The spa will provide luxurious towels, robes and slippers, and any amenities required for use during your spa visit.

### SPA FACILITIES AND ACCESS

The spa facilities are available at no additional charge for guests booking a spa service of 50 minutes or longer. Guests wanting to use only the facility can buy a Day Spa pass for \$85.

### AGE REQUIREMENT

The minimum age requirement for access to the spa and experience treatments is 16 years.

### SPA JUICE BAR

Our Juice Bar offers a wide selection of fresh teas, juices and smoothies.

### CANCELLATION POLICY

We value your business and appreciate your cooperation with our cancellation guidelines. If you must cancel or reschedule your spa reservations, please notify us at least 12 hours prior to your scheduled appointment time, to avoid a cancellation or reschedule charge. Cancellations made with less than 12 hours' notice or no-shows, will be charged at full value of the service and rescheduled 50% of treatment value.

### SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, please turn off your mobile phones or electronic devices and place in your assigned lockers. Smoking is not permitted in the Spa and Fitness Facilities.

### HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation.

### PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable, during this special time.

### PRICES

All prices are quoted in American Dollars. All treatments are automatically subject to a 10% service charge. Gratuities for exemplary service are at the discretion of the guest.

## PRICE LIST

### TAINO BATHING RITUAL

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Bathing Ritual		\$85
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### ADVANCE HEALING RITUALS

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Elemental Harmony	120 minutes	\$305
Zemi Sun Ritual	120 minutes	\$305
Thai Qi Fusion	90 minutes	\$230

### BODY MASSAGE

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Five Element Aroma Massage	50/80 minutes	\$155/\$230
Grapefruit & Rosemary Muscle Melt	50/80 minutes	\$165/\$240
Cacique's Deep Tissue	50/80 minutes	\$165/\$240
Pre-Natal Well-Being Massage	50/80 minutes	\$165/\$240

### ADVANCED BEAUTY

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Customized Facial	60/90 minutes	\$155/\$230
Kombuchka™ Skin Facial	60 minutes	\$160
Men's Balancing Facial	60 minutes	\$155
Bio Rejuvenating Age Support Facial	90 minutes	\$280

### BODY TREATMENTS

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Papaya & Argan Oil Body Polish	60 minutes	\$160
Cucumber & Aloe Wrap	60 minutes	\$160
Mother of Pearl Body Scrub	60 minutes	\$165
Guarana and Green Tea Body Wrap	80 minutes	\$250

### TRANQUIL SOOTHIES

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Poolside Chair Massage	15/30 minutes	\$25/\$45
Elements Poolside Pampering	15 minutes	\$40
Mango Shea Scalp Soothie	15 minutes	\$30

### ADDITIONAL LUXURY EXPERIENCES

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Please ask our knowledgeable Spa Reception Team about our additional luxury treatments including: Waxing, Nail Care, Hair Care, Bridal and In Room experiences.



ZEMI BEACH HOUSE  
RESORT | SPA & RESIDENCES

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