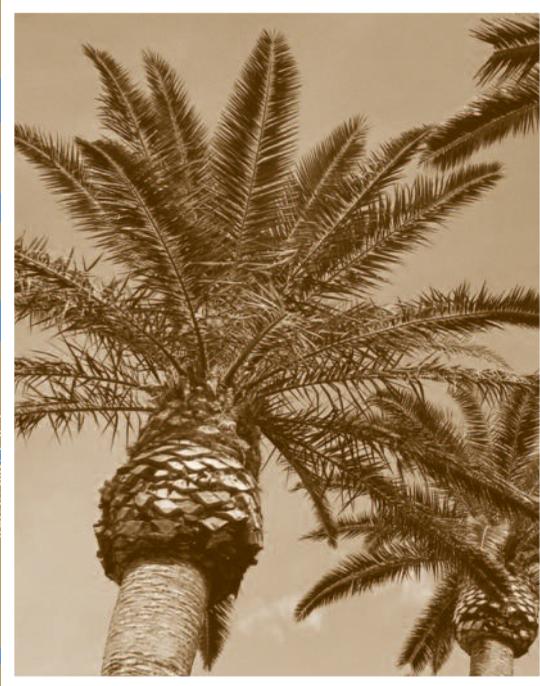


# The Spa

AT THE PALMS



  
**THE PALMS**  
TURKS AND CAICOS

## *Indulge all your senses...*

*Palm trees sway in the gentle breeze, seemingly in synch to the rhythm of the music playing softly along the path. Passing through the palest of sage green painted iron gates, the faint aroma of geranium begins to come into focus. Your breath slows then deepens. Is that sandalwood and a hint of orange too?*

*Butterflies that are free to roam wherever they please choose to guard the entrance, sentries watching from on high. Instead it is the magenta bougainvillea flower petals that flutter about as tiny grey geckos leap and bound in all directions, greeting your every step. Boing! Boing! Adorable maniacs. You can't help but smile. While larger lizards lumber thorough the brush, reminding you of the wonderfully exotic, jungle like surrounds.*

*Nectar of hibiscus, the flower of happiness and sheer joy by the way, tastes sweet on your lips. You are now ready to begin your blissful journey at a place where service, gentility and luxury are a matter of course. Delights await!*

*Welcome to The Spa at the Palms.*

## *Bespoke Experiences*

The following treatments have been designed exclusively for The Spa at the Palms and when combined make for the magical spa day. Choose one, many or all for the most unique and wonderful experience imaginable.

### ZAREEBA | 90 MINUTES

Zareeba, meaning "protected enclosure," is an indigenous herbal steam cleansing, detoxification and meditative ritual. A practicing Caribbean herbalist designed this uniquely personal and powerful holistic experience exclusively for The Spa at The Palms.

It begins with a foot ritual, using a blend of precious hand-crushed local queen conch shells and essential oil. While seated in the Zareeba, you will be presented with a clay pot filled with freshly brewed therapeutic herbs and a wand to blend them. The rhythm and rate at which you stir the herbs produces the intensity and amount of herbal steam you will inhale. A cool down moment and a one-hour Palms Healing Touch massage with local Organic Coconut Oil completes this purification ritual and produces a balanced sense of well-being. This journey is also available as a Couple's Ceremony.

### MOTHER OF PEARL SCRUB | 90 MINUTES

A blend of precious hand-crushed local queen conch shells and sea salts is mixed with our signature aromatherapy blend to polish your skin to perfection. It is followed by a one-hour massage and application of our mother of pearl body milk, leaving your skin silky soft and revitalized. A true island experience.

### MOONLIGHT AND STARS | 120 MINUTES

The perfect way to end a day in Paradise. Enjoy a dry exfoliation followed by a customized aromatherapy massage for two in the privacy of your residence patio with the sound of the sea as accompaniment. Prolong the delight with champagne and chocolate covered strawberries under the canopy of stars. The ultimate indulgence to enjoy with the special person in your life.

## BEYOND BEAUTY | 90 MINUTES

Exclusively created by Natura Bissé and HydraFacial™ for The Spa at The Palms. This extraordinary facial is the ultimate fusion of the Cure Collection to restore, detoxify and hydrate, and the advanced resurfacing treatment of HydraFacial™ to reduce fine lines and wrinkles, plus plump and firm the skin. You will enjoy long-term results that you see and feel immediately.

## THE PALMS HEALING TOUCH | 90 MINUTES

Our unique massage experience was designed especially for The Spa at The Palms. Let your breath deepen, and your mind relax as you drift away into a state of inner harmony. Your therapist repeatedly visits the areas of tension in your body, blending therapeutic massage techniques and methods from around the world. Harmony is achieved by never losing the connection of touch, combined with rhythmic movements that move deeply into tired muscles.

## FOUR PALMS RESTORATIVE MASSAGE 60 MINUTES | 90 MINUTES

Can you imagine a more decadent massage? The Four Palms has been specifically choreographed for complete relaxation. You will enjoy two therapists working on you simultaneously, providing a synchronized massage experience that envelops you in energy and rejuvenation.

## *Wonderful Massages*

## POULTICE MASSAGE | 90 MINUTES

Relax as warm soaked bags containing a combination of the finest herbs are deeply massaged into your body. This full body massage begins with a dry brushing and continues with the application of a warm therapeutic herbal compress to release muscle tension and align the body.

## HOT STONE MASSAGE | 90 MINUTES

A deeply relaxing massage that uses heated basalt stones placed along the spine to melt away tension. Additional stones are used to warm large muscles of the body to enhance the traditional Swedish and deeper strokes that follow.

## BALINESE MASSAGE | 90 MINUTES

This Indonesian massage begins with a gentle coconut scrub of the back and incorporates fragrant oils and scents with Balinese, Chinese, Hindu and European methods. Techniques are choreographed into a rhythmic, relaxing and energizing massage experience.

## THAI MASSAGE | 90 MINUTES

Traditional Thai massage is one of the oldest and most revered healing arts in the world, providing a natural and holistic approach to health and wellbeing. Your therapist will use a variety of techniques to create a gentle, deep stretch of major muscle groups and an amazing release of muscle tension. Please wear comfortable and loose fitting clothing.

## SHIATSU MASSAGE 60 MINUTES | 90 MINUTES

This Japanese pressure point massage is designed to open energy pathways along the meridians of the body, improving the flow of Chi. Based on ancient Chinese medicine, the combination of acupressure and stretching calms the nervous system, releases muscle tension and improves circulation.

## RAINDROP AROMATHERAPY | 90 MINUTES

Sink into a blissful state of calm as you enjoy the application of 10 essential oils along the spine. The Raindrop Aromatherapy experience is known to enhance the body's natural defenses and soothe the central nervous system. You will emerge from this unique experience rested, restored and rejuvenated.

## ISLAND STRESS RELIEF MASSAGE 60 MINUTES | 90 MINUTES

Over the past 10 years, the therapists at The Spa at The Palms have shared their knowledge with one another to create a one-of-a-kind treatment that allows each guest to experience their cumulative skills. This therapeutic fusion massage restores energy and brings you into a state of absolute relaxation.

## CUSTOM MASSAGE 60 MINUTES | 90 MINUTES

Uniquely choreographed for each guest to restore energy, this massage may include deep tissue, Swedish, aromatherapy, or sports therapy techniques, depending on your needs and interests.

## REFLEXOLOGY 30 MINUTES | 60 MINUTES

Reflex zones in the hands and feet correspond to specific organs, glands and other vital systems. Reflexology uses these reflex zones to stimulate the body to rebalance itself through the release of blocked energy and toxic invaders. Improves circulation and the delivery of oxygen and nutrients to the entire body for better health.

## *Marvelous Facials*

### HYDRAFACIAL™ 60 MINUTES | 90 MINUTES

HydraFacial™ is an advanced, non-surgical resurfacing treatment that delivers amazing results with no discomfort or downtime. This treatment targets fine lines and wrinkles; congested, oily and acne prone skin; rosacea and hyper pigmentation. It softens the appearance of large pores, improves skin texture and tone, and helps repair existing sun damage. HydraFacial™ is recommended for all skin types.

### DIAMOND ENERGY FACIAL | 90 MINUTES

Your red carpet moment awaits. Energize with this treatment designed to reboot dull skin from environmental stress and DNA damage. Improves the definition of facial contour, dramatically restores elasticity, skin texture and tone.

### MARINE DELUXE ORGANIC FACIAL 90 MINUTES

This revolutionary Seaweed Facial is a truly indulgent treatment. It begins with a back exfoliation and back massage. Then for the organic facial, we use finely ground wet organic seaweed to gently exfoliate your skin and then place freshly harvested organic seaweed leaves over a warm poultice seaweed mask. Finally, we combine the mask with a light massage.

### GENTLEMEN'S FACIAL | 60 MINUTES

This deep-cleansing and revitalizing facial experience is designed specifically for the special needs of men's skin, including razor burn. Additional care is taken to analyze the skin for sensitivities. To complete the treatment, a face, neck and shoulder massage is performed, creating the traditional barber experience, without the shave.

### MARINE ANTI-AGEING FACIAL 60 MINUTES | 90 MINUTES

This anti-ageing restorative facial is designed using the finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmed and tightened skin with a natural and more radiant glow. Suitable for all skin types.

### CITRUS ESSENCE FACIAL 60 MINUTES | 90 MINUTES

Drench your skin with the antioxidant power of Vitamin C. This nutrient rich treatment revitalizes the senses, stimulates the production of firming collagen, reduces inflammation and intensely hydrates.

## MARINE DISCOVERY FACIAL | 60 MINUTES

This incredible organic facial is deeply detoxifying, thoroughly revitalizing and helps to even skin tone and increase clarity. This facial is tailored to your skin type, and incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion.

## O2 RELAX FACIAL 60 MINUTES | 90 MINUTES

Awaken your skin with the revitalizing energy of pure oxygen to decongest, brighten and clarify a dull complexion. Perfect for the frequent flier and urbanites whose skin suffers from every day aggressors.

## SKIN COMFORT FACIAL 60 MINUTES | 90 MINUTES

Comfort the skin with an exclusive combination of botanical ingredients that soothe sensitive skin. This calming facial is the perfect answer for hypersensitivity that can come with frequent travel and other skin challenges such as rosacea.

## *Lovely Baths*

### SEAWEED LEAF BATH | 30 MINUTES

This seaweed bath utilizes the natural power of organic hand-harvested seaweed to deeply moisturize your skin, increase circulation and promote healing by re-mineralizing the body.

### PEAT BATH | 30 MINUTES

There is a long-existing tradition of peat treatments for a variety of skin and rheumatic conditions. The humic acid in the combination of seaweed extracts and micronized peat has an astringent effect that also drains toxic substances from the body.

## AROMATIC BATH | 30 MINUTES

Relax and unwind with a blend of ultra-hydrating natural sea salts mixed with a choice of your favorite body elixir, while cool compress eye pillows help you drift away. Your bathing ritual includes a soothing body elixir application in your favorite scent.

## *Brilliant Scrubs*

### DIAMOND ROSE BODY SCRUB 60 MINUTES | 90 MINUTES

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

### CITRUS SCRUB | 60 MINUTES

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

### BLADDERWRACK BODY SCRUB 60 MINUTES

Bladderwrack is a form of kelp that has been used medicinally for centuries. Our organic bladderwrack body buff is the ultimate treat for tired dull skin. The bladderwrack seaweed is combined with massage oils to offer an all over body scrub. After your treatment, enjoy a light shower and an application of a Softly Does It luxury organic body cream.

### O2 BAMBOO SCRUB | 60 MINUTES

Be transported by the essence of sandalwood, myrrh and cardamom and restore hydration and elasticity with an ultra-nourishing oxygen oil. Exfoliate your body and pamper your senses with a treatment based on bamboo micro-fibers that soften and re-mineralize your skin. You will leave the treatment room with renewed vitality as well as firmer and intensely hydrated skin.

## Radiant Wraps

### CITRUS DRENCH WRAP | 60 MINUTES

An elegant combination of antioxidants and firming. This ritual begins with an exfoliation followed by a body mask and concludes with a nourishing cream application, allowing both body and mind to relax.

### O2 BODY PERFECTION WRAP 60 MINUTES

Rich in micronutrients to provide an intense nourishing effect, this firming and rejuvenating body treatment helps fight fluid retention, eliminate toxins and reduce cellulite. This treatment includes a polyglycolic body peel, nutrient mask and specialty oil application.

### OCEAN ESSENCE WRAP | 60 MINUTES

A treatment to detoxify the skin and stimulate the renewal of damaged cells. A full body buff scrub of serrated wrack and knotted wrack promotes skin tone and luster. The combination of these two powerful seaweeds acts as an excellent skin rejuvenator, combating cellulite and muscle fatigue and producing a silky moisturizing effect.

### ORGANIC SEAWEED WRAP 60 MINUTES

This seaweed wrap is the crème de la crème of body wraps, using fresh leaves of Atlantic seaweed as a cocoon, to deeply detoxify, moisturize, soften and revive the body.

## Entrancing Hand and Foot Treatments

### CLASSIC MANICURE AND PEDICURE 90 MINUTES

Our express route to perfect hands and feet. Soak your nails in a luxurious and fragrant hydrating bath followed by a relaxing massage, finished with the polish color of your choice.

### CARIBBEAN BLISS MANICURE AND PEDICURE 120 MINUTES

This deluxe experience includes a salt hand exfoliation, a cuticle treatment, and a hydrating hand massage. It is followed by a deeply moisturizing foot massage with pure organic oil, and finishes with the application of lotion. Includes a paraffin treatment.

## Additional Salon Services

Our talented and experienced aestheticians can create the flawless finish to your spa experience. You will leave looking and feeling your absolute best.

### HAIR CARE

Our creative styling specialists are available to provide a perfect look for any occasion – including bridal services, haircuts and styling.

### MAKE-UP

Using quality mineral cosmetics, our makeup artist will create a natural day, evening, or wedding day look to suit all your special occasion needs.

### WAXING SERVICES

A wide variety of depilatory services are available to remove unwanted hair and condition your skin. For your well-being, these services will not be performed if your skin is sunburned.

# *Also at the Spa*

## FITNESS CENTRE & YOGA STUDIO

The Fitness Centre & Yoga Studio are located in The Spa at The Palms' building, and offers Cybex equipment as well as free weights. Personal training, private and group classes for Yoga, Pilates and Meditation are available.

## LIFESTYLE SHOP

The Spa at The Palms' retail area carries an exclusive range of spa products for the skin and body that make it possible to continue all the benefits of your treatment once you leave. Clothing and gift items are also available for purchase.

## *The Spa at the Palms' Experience*

We are committed to providing spa experiences that extend far beyond the treatment itself. The following details will help you make the most of your time with us.

## YOUR ARRIVAL

We recommend arriving at least 30 minutes prior to your scheduled treatment time. Upon your arrival, you will receive a spa welcome experience and a tour of the facilities. You will also have time to enjoy the lounge and relaxation area amenities prior to your treatment. We recommend you leave valuables in your hotel safe.

## SPA ATTIRE

You will be presented with a comfortable robe and spa slippers to use at the spa. Unless indicated in the treatment description, remove clothing to your level of comfort for your services. Disposable undergarments are provided for wet treatments and we kindly ask that you wear a bathing suit for all bath escapes.

## QUIET SPACE

We have created a meditative oasis for peaceful relaxation. Therefore, we ask that you step outside the main spa gates to use your cell phones and that you respect the quiet of other guests while using the facilities.

## THIS IS YOUR TIME

The spa receptionist will provide you a guest intake form giving you the opportunity to list any allergies, medical conditions as well as share what you expect from your spa treatment. We invite you to also communicate with your therapist during your service so adjustments can be made for your comfort and safety.

## MINIMUM AGE

No one under the age of 14 is allowed beyond the spa reception area.

## APPOINTMENTS

For reservations please call: 649.946.8666, 649.946.8667 (direct) or email us at: [spareservations@thepalmstc.com](mailto:spareservations@thepalmstc.com). Due to the popularity of our spa services, we strongly recommend you schedule your spa experience prior to your arrival or at your earliest convenience so we are able to confirm the day and time of services that fits best with the rest of your vacation plans.

## CANCELLATION POLICY

To avoid a cancellation full charge, please contact the spa reception to change or cancel spa services at least 6 hours in advance of your scheduled service.

## SERVICE CHARGE AND GRATUITIES

For your convenience a 12% Tax and 18% Service Charge will be automatically added to your spa service receipt. You may leave an additional gratuity for team members who deliver exceptional service.

# The Spa

## AT THE PALMS

### *Bespoke Experiences*

#### ZAREEBA

90 Minutes | \$270

#### MOTHER OF PEARL SCRUB

90 Minutes | \$270

#### MOONLIGHT AND STARS

120 Minutes | \$540 (for two)

#### BEYOND BEAUTY

90 Minutes | \$375    Series of 3 | \$900

#### THE PALMS HEALING TOUCH

90 Minutes | \$270    Series of 3 | \$675

#### FOUR PALMS RESTORATIVE MASSAGE

60 Minutes | \$270    90 Minutes | \$400

### *Wonderful Massages*

#### POULTICE MASSAGE

90 Minutes | \$270

#### HOT STONE MASSAGE

90 Minutes | \$270

#### BALINESE MASSAGE

90 Minutes | \$270

#### THAI MASSAGE

90 Minutes | \$270

#### SHIATSU MASSAGE

60 Minutes | \$170    90 Minutes | \$255

#### RAINDROP AROMATHERAPY MASSAGE

90 Minutes | \$255

#### ISLAND STRESS RELIEF MASSAGE

60 Minutes | \$170    90 Minutes | \$255

#### CUSTOM MASSAGE

60 Minutes | \$180    90 Minutes | \$270

#### REFLEXOLOGY

30 Minutes | \$90    60 Minutes | \$170

#### MOTHER TO BE MASSAGE

60 Minutes | \$170

#### THE PALMS CLASSIC MASSAGE

60 Minutes | \$160    90 Minutes | \$240

#### TARGETED MASSAGE

30 Minutes | \$90

## Marvelous Facials

### HYDRAFACIAL™

60 Minutes | \$250    90 Minutes | \$350  
Series of 3 | \$625    Series of 3 | \$875

### HYDRAFACIAL™ BOOSTER

30 Minutes | \$125    Series of 3 | \$300

### DIAMOND ENERGY FACIAL

90 Minutes | \$290

### MARINE DELUXE ORGANIC FACIAL

90 Minutes | \$290

### GENTLEMEN'S FACIAL

60 Minutes | \$190

### MARINE ANTI-AGEING FACIAL

60 Minutes | \$190    90 Minutes | \$285

### CITRUS ESSENCE FACIAL

60 Minutes | \$190    90 Minutes | \$285

### MARINE DISCOVERY FACIAL

60 Minutes | \$180

### O2 RELAX FACIAL

60 Minutes | \$180    90 Minutes | \$270

### SKIN COMFORT FACIAL

60 Minutes | \$180    90 Minutes | \$270

## Lovely Baths

### SEAWEED LEAF BATH

30 Minutes | \$125

### PEAT BATH

30 Minutes | \$125

### AROMATIC BATH

30 Minutes | \$125

## Brilliant Scrubs

### DIAMOND ROSE BODY SCRUB

60 Minutes | \$190    90 Minutes | \$270

### CITRUS SCRUB

60 Minutes | \$170

### BLADDERWRACK BODY SCRUB

60 Minutes | \$190

### O2 BAMBOO SCRUB

60 Minutes | \$180

## Radiant Wraps

### CITRUS DRENCH WRAP

60 Minutes | \$190

### O2 BODY PERFECTION WRAP

60 Minutes | \$190

### OCEAN ESSENCE WRAP

60 Minutes | \$180

### ORGANIC SEAWEED WRAP

60 Minutes | \$170

## *Entrancing Hand and Foot Treatments*

### CLASSIC MANICURE

30 Minutes | \$35

### CLASSIC PEDICURE

45 Minutes | \$50

### CLASSIC MANICURE AND PEDICURE

90 Minutes | \$70

### CARIBBEAN BLISS MANICURE

45 Minutes | \$50

### CARIBBEAN BLISS PEDICURE

60 Minutes | \$75

### CARIBBEAN BLISS MANICURE AND PEDICURE

120 Minutes | \$100

## *Hair Care*

### SHAMPOO AND BLOW DRY

Short | \$30    Medium | \$45    Long | \$60

### LADY'S CUT AND FINISH

60 Minutes | \$60

### MAN'S HAIR CUT

30 Minutes | \$30

## *Make-Up*

### TOUCH OF COLOR

45 Minutes | \$85

### SPECIAL OCCASION FULL MAKE-UP

75 Minutes | \$125

## *Waxing*

### LEGS

Half Leg – 45 Minutes | \$45

Full Leg – 60 Minutes | \$65

### ARMS

Half Arm – 30 Minutes | \$35

Full Arm – 45 Minutes | \$55

### UNDERARMS

30 Minutes | \$25

### BIKINI LINE

30 Minutes | \$55

### BRAZILIAN

45 Minutes | \$55

### EYEBROWS

30 Minutes | \$20

### LIP AND CHIN

30 Minutes | \$25

### CHEST

45 Minutes | \$45

## *Wellness*

### PERSONAL TRAINING / YOGA / PILATES / MEDITATION

60 Minutes | \$150    Series of 3 | \$375

### PERSONAL TRAINING / YOGA / PILATES / MEDITATION

90 Minutes | \$200    Series of 3 | \$500

### GROUP CLASSES

60 Minutes | \$25    Series of 6 | \$125

(fee per class)

# The Details

## APPOINTMENTS

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