

# In-Suite Spa

## Massages

### **60 Min. Relaxing Massage**

Our relaxing massage provides an idyllic introduction to the in-suite spa experience. By applying gentle pressure, this massage takes you to a state of complete serenity, relieving stress and accumulated tension while allowing you to enjoy complete tranquility in the privacy of your suite.

### **60 Min. Therapeutic Massage**

This massage is designed to help alleviate tension and stress while providing a calming and relaxed experience. By combining a variety of techniques including reflexology, stretching, and aromatherapy, this massage aims to activate the senses, taking you to a state of harmony and wellness.

### **50 Min. Deep Tissue Massage**

Enjoy this massage to help realign the deepest layers of the muscles and connective tissues using personalized techniques to meet your specific needs. Your therapist will sustain firm pressure that releases tension, taking you to a state of tranquility and relief. The massage includes reflexology on feet and hands as well as soothing aromatherapy.

### **60 Min. Hot Stone Massage**

Starting off with a soft relaxing massage to calm the mind, your therapist uses hot stones and choreographed movements to warm and soothe the muscles. Allow your tensions to melt away as you listen to the sound of the waves crashing below. The treatment finishes with a rejuvenating head massage and relaxing aromatherapy.

## Body Treatments

### **Pedicure & Manicure**

#### **70 Min. Yoghurt Body Treatment**

Enjoy a soft massage followed by a nourishing yoghurt-based treatment. This treatment helps to moisturize, protect, and exfoliate the skin, leaving it luminous and hydrated.

#### **70 Min. Coffee Body Treatment**

Enjoy a soft massage, followed by a reinvigorating coffee-based treatment. This treatment removes dead skin cells, exfoliates, and helps to reactivate circulation, leaving the skin soft and refreshed.

#### **70 Min. Clay Body Treatment**

Enjoy a soft massage, followed by a rejuvenating clay-based body treatment. This treatment helps the circulatory and lymphatic system, leaving the skin feeling revived.

# Private Yoga & Meditation

## **In-Suite Yoga**

Embrace the day or enjoy the sunset as our Yogis guide your practice to fit your specific needs and abilities in the privacy of your own suite.

## **In-Suite Yoga & Meditation**

In addition to Yoga, allow our Yogis to curate a practice that includes restorative meditation techniques – helping you to achieve ultimate peace and tranquility.

## **Private Beach Yoga**

Be at one with nature with private beach yoga. Enjoy the sights, sounds, and fresh air as the waves crash just feet from your tailored practice.

## **Private Beach Yoga & Meditation**

Bridge physical calm with mental peace and strength as our Yogis bring you on a journey through tailored yoga and meditation practice on a serene beach cove.