
SPA MENU

WELLNESS RETREAT

the Spa at salterra



WWW.SALTERRA.COM/SPA | SOUTH CAICOS

retreat pricing options

This immersive journey is thoughtfully designed to restore balance through mindful practices rooted in island traditions. Your experience unfolds with carefully curated rituals—sunrise mindfulness walks along the salt flats, somatic yoga on the shoreline, therapeutic workshops exploring emotional healing, and restorative ocean rituals in our private cove.

Each day includes creative healing sessions, fire circles with ancestral drumming, and guided meditations, all designed to honor your body's wisdom and create space for transformation. Nourish yourself with plant-based I-tal cuisine crafted by Chef Lorraine, complemented by herbal teas and detox drinks sourced from island botanicals. Your retreat includes a custom journal, Salterra gift bag with ritual tools, and six plant-based meals to sustain your journey from arrival to departure.

3-DAY WELLNESS PACKAGE (ACCOMODATION INCLUDED)

\$1,500++ per person

WELLNESS RETREAT (NON-ROOM PACKAGE, 3 DAYS OF WELLNESS ACTIVITIES)

\$750++ per person.

WELLNESS DAY PLAN (PER DAY ACTIVITIES)

\$350++ per person



CHEF LORRAINE



retreat schedule

DAY ONE

- 2:00 PM** Arrival & Check-In with Welcome Wellness Elixir
- 4:00 PM** Opening Circle & Intentions at Beach Pavilion
- 5:30 PM** "Wind & Water Flow" Somatic Yoga on Shoreline
- 7:00 PM** Ital Welcome Dinner
- 9:00 PM** Reflection Prompt + Herbal Sleep Tea

DAY TWO

- 6:30 AM** Sunrise Mindfulness Walk through Salt Flats
- 8:00 AM** Ital Breakfast Buffet at Veranda
- 9:00 AM** Therapeutic Workshop: "The Body Remembers"
- 11:00 AM** Saltwater Soak & Ocean Ritual at Private Cove
- 1:00 PM** Nourish Lunch + Midday Rest
- 3:00 PM** Creative Healing Session: "The Art of Becoming"
- 5:30 PM** Restorative Yoga & Sound Integration
- 7:30 PM** Fire Circle + Ancestral Drumming

DAY THREE

- 7:00 AM** Guided Meditation & Movement On Garden Deck
- 8:30 AM** Wellness Breakfast
- 10:00 AM** Workshop: "Living the Ital Way"
- 12:00 PM** Closing Circle + Gratitude Ritual + Farewell Brunch
- 2:00 PM** Departures & Optional Add-On Booking

Included Add-Ons

- 6 Plant-Based Meals + Herbal Teas + Detox Drinks
- Custom Retreat Journal, Salterra Gift Bag & Ritual Tools

spa information

Open for reservations from 9:00 AM - 5:00 PM

ARRIVAL TIME

We encourage you to arrive at least 30 minutes before your scheduled treatment. This allows time to enjoy the lounges, saunas, steam rooms, and jacuzzi. Please note: Arriving late will limit your treatment time, reducing its effectiveness and your overall experience. All treatments will end at the scheduled time to ensure the next guest is not delayed. The full value of your treatment will be charged.

FACILITIES

Enjoy a luxurious range of experiences designed to restore and renew:

- Luxury bathrobes and slippers
- Separate male and female changing rooms with showers
- Relaxation spa lounge
- Spa refreshments
- Eight serene treatment rooms, including two private couples' suites
- Access to our tranquil adults-only pool and whirlpool
- Halotherapy room (arriving Summer 2025)

Spa facilities are complimentary for resort guests. For non-resort guests, a facilities fee of USD 50 per person applies and is waived with the purchase of a treatment. All treatments are available to residents of Salterra, a Luxury Collection Resort & Spa. Non-residents are welcome to book appointments with a minimum treatment duration of four hours. These bookings must be secured with a credit card and cannot be confirmed without one.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect the privacy and serenity of all guests by turning off your mobile phone while in the spa.

HEALTH CONDITIONS

Kindly inform us of any health conditions, allergies, or injuries that may affect your service at the time of booking.

CANCELLATION POLICY

Should you need to cancel or reschedule, please provide at least 24 hours' notice. No-shows will be charged the full price of the scheduled service.

PREGNANCY

We offer specially designed treatments for expectant mothers. Please allow our spa team to assist you in selecting treatments most suitable for you during this special time.

AGE REQUIREMENTS

Guests must be at least 17 years old to access the spa and use its amenities and services. Guests under 17 must be accompanied by a parent or guardian and a signed consent form is required.

PRICES & TAXES

All prices are subject to change. A 12% tax, 10% service charge, and 5% facilities fee will be applied.

VALUABLES

We are not responsible for personal items or valuables brought into the spa or left in lockers. We recommend leaving valuables in your guest room safe or at home.



SALTERRA RESORT & SPA

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