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Hair and Scalp Collection

As You Like It

Total Indulgence

## Anti-Cellulite and Cryotherapy Collection

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Available on request

### **Product Lines**

### Aromatherapy Associates

For more than 35 years Aromatherapy Associates, a truly British brand, has been specializing in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments. Combined with their many years of experience as therapists they have seen first-hand how essential oils have effectively enhanced the state of people's physical, mental and emotional well being. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional. Aromatherapy Associates is B-corp certified which shows their commitment to putting the planet and people first. They use 100% renewable energy, all products are free of chemicals and unnecessary synthetics and all packaging recyclable.

### Margy's Monte Carlo

A comprehensive response to all skin ageing. Simple, straightforward, Margy's range of products is based on the biomimetic properties of the skin's active compounds in order to target the origin of progressive skin degradation. The youth factor in Margy's range of products meets the needs of our ageing skin by playing an active role throughout the different stages of our skin's lifespan. By rehydrating the skin, Margy's skin care products help strengthen the skin's immune system.

### 111SKIN Collection

111SKIN was established in 2001 by Dr. Yannis Alexandrides, a British and American board-certified cosmetic surgeon. 111 Harley Street is one of London's premier clinics. It combines the most advanced surgical and non-surgical treatments from the US and Europe, focusing heavily on prevention rather than intervention. It was here that Dr. Alexandrides developed the eponymous 111SKIN skincare range, utilising his scientific knowledge and surgical observations to create a line that provided superior, clinical-level results. Contributing to a cleaner and safer planet, all masks are biodegradable and packaging recyclable.







Margaret Dabbs London is a globally recognized brand specializing in credible, results driven feet and hand products and manicure and pedicure treatments for both men and women which will provide effective, long lasting anti-ageing for both hands and feet. Their philosophy is simple - your hands and feet are very important to your look and well-being and we give to them the respect they and you deserve. The planet also deserves respect and to this end a vegan line has been introduced, no harsh chemicals or preservatives are used in any of the products and all packaging is recyclable.





# Massage Collection

Sandy Lane Massage



A traditional Swedish full body massage using light to medium pressure to relax aching muscles and stimulate circulation. Your therapist will tailor the treatment to your specifications using our Signature Sunrise and Sunset oils created exclusively for us by Aromatherapy Associates.

60 mins 90 mins

The Ultimate Aromatherapy Experience

**F** M

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and recharged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension, and lymphatic drainage helps encourage a healthy circulation. With expert advice from your therapist, you will choose a signature oil blend best adapted to your emotional and physical needs. This intense massage ritual will dissolve your strains and stresses away.

60 mins 90 mins

Deep Tissue Massage



Deep Tissue massage is extremely beneficial for persons who are experiencing muscle tension and need help alleviating areas that are stiff or tight. De-stress muscle oil with black pepper and ginger which are stimulating and bring blood to the muscles to help relax them along with rosemary, a natural pain killer, are used along with deeper pressure and slower strokes to address this built up tension. This massage is extremely effective and will leave you feeling like a new person!

60 mins 90 mins



### While anyone can have a sports massage, this type is specifically geared Sports Massage 60 mins toward fitness enthusiasts and athletes. This massage helps to warm up 90 mins **B M** muscles and aids in healing when an injury, stiffness or soreness occurs. Like Swedish massage, sports massage therapy focuses on kneading and rolling the soft tissue but uses greater pressure and intensity and incorporates stretching to relieve sore muscles. The therapist will tailor the massage to concentrate on the specific area(s) of concern. Sandy Lane An all-embracing treatment incorporating an intensive hot stone massage 75 mins and balancing of the chakra points. Warmed aromatic oils, combined with Hot Stone the therapeutic effects of the hot stones, are used to massage the body Massage allowing a sense of deep relaxation. Back, Neck & Using Swedish style massage combined with hot stones and the sublime 45 mins Sandy Lane Signature Sunrise and Sunset oils, this massage concentrates on Shoulder Massage areas of tension and leaves the back feeling relaxed and the body de-stressed. **F** M Signature A localised treatment for tired, achy muscles and muscle recovery for sports 60 mins injuries, it combines deep tissue massage, sports massage and cutting-edge 90 mins Cryotherapy cryotherapy to relieve tension and revive the body. It can be used on specific Sports Massage areas of concern, or as a whole body therapy. **B W**

# The Specialty Collection

Forest Therapy Body



Bring the serenity of nature to your mind, body and skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness and agitation. Forest Therapy's unique essential oil blend and treatment massage will reinforce your intention to feel refreshed, tranquil and grounded.

0 mins

Shiatsu



A sublimely relaxing deep muscle therapy. The ancient "hand music" of Anna Massage, kneading and pressing integrates with Japanese Shiatsu meridian balancing techniques of acupressure, stretching and joint play to rejuvenate and realign the body. Ultimate relaxation inspires the principle of Seijaku, a feeling of peaceful Zen tranquility.

90 mins

Thai Massage



Calms and re-balances using rhythmical compressions on acupressure points and flowing yoga style stretches. The treatment ends with steaming Thai herb-infused compresses applied to the body to release any last traces of muscular tension and leaves you feeling totally relaxed and limber. This treatment is performed on a traditional Thai mattress.

60 mins 90 mins

\* This massage can also be performed as a table Thai Massage.

Reiki

**E** M



Reiki available upon request



10

- 1

# Foot Zone Therapy

across the reflex zones of the feet to leave a sense of wellbeing. Each zone

60 mins

Tanning services available upon request

The Rhassoul

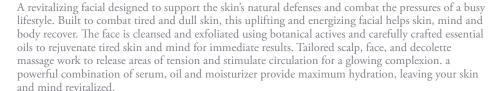
gently applied to the body. Dry heat is then generated within the walls and and hydrate the skin and to finish, this is then washed away with a warm, gentle rain shower leaving the skin refreshed and looking radiant.

# The Aromatherapy Associates Facial Collection

Ultimate Glow Facial







Ultimate Rebalancing Facial







A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to our breathing rituals powered by aromatherapy, this treatment is designed to calm the skin and mind. This facial locks in moisture by providing a double cleanse, exfoliating away dead skin cells and applying serum, oil and moisturizer to repair skin under strain. Scalp, face and decolette massage address your skin, body and mind to relieve areas of tension. Each product contains a unique blend of essential oils, botanical extracts and skin stress relief technology to target the cause and effect of internal aggressors. Help your body to help your skin; stress response is lowered, mind and body are in equilibrium and skin is restored.

Ultimate Wellbeing Facial







This is more than just a facial! It's a pioneering treatment that focuses on lowering stress levels in the body and encouraging full reset and repair for skin and mind. Relax with this facial that brings balance back for visibly glowing, healthy skin. Scalp, face and decolette massage release areas of tension, improve blood flow and activate pressure points to encourage lympahtic drainage and a gentle abdominal massage using warm oil supports top-to-toe physical and emotional wellness. Skin is twice cleansed and exfoliated using expertly formulated, high performance natural products that contain botanical actives. Serum, oil, and moisturizer are applied for optimum hydration, alongside a specialized massage and mask for tired eyes. The treatment is supported by mood-boosting essential oils for results you can see and feel.

The Refinery Essential Facial



A treatment suitable for all skin types, particularly dull skin looking for a deep cleanse. A deep cleansing and brightening facial that will leave the skin looking clean, luminous and deeply hydrated. with rich, invigorating essential oils an botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind. This treatment refreshes and balances, leaving a clean and bright looking skin.

60 mins

60 mins

90 mins

60 mins





# Margy's Monte Carlo exclusively at The Spa at Sandy Lane

Haute Couture Facial **B M** 

Experience a customized facial like no other! Discover a new way of esthetic massage combined with unique mask applications on the face, neck and décolleté using freeze dried Hyaluron Collagen, Vitamin C Collagen and Botolift Collagen. See instant improvements in the skin's texture and tone showing firmer and smoother skin with reduction in fine lines and wrinkles.

120 mins

Prestige Facial **B M** 

This 90 minute treatment detoxifies and vastly regenerates the cells, tightens the face muscles creating a formidable anti-stress effect. Your skin will look refreshed with an incomparable glow.

90 mins

Margy's Lift Up **F** M

This facial aims at improving the general functioning of the skin and boosts the synthesis of collagen. A coconut fibre mask infused with Botolift Collagen helps plump, firm and tighten the skin. You see immediate results! 90 mins

Mini Lift **B** M

With the use of a coconut fibre mask infused with either pure Collagen, Hyaluron Collagen, Botolift Collagen or Vitamin C Collagen, the results from this facial are radiant, refreshed looking skin with diminished appearance of fine lines and wrinkles.

60 mins

Stem Cell Illuminating facial

**F M** 

Margy's Monte Carlo legendary Stem Cell Illuminating Facial is a sumptuous, two hour affair, boasting three masks and endless massages to regenerate tired skin cells, unclog and refresh pores, boost lymphatic drainage and lift the complexion. Leveraging the potent anti-aging properties of Swiss Apple stem cell extract, this facial is about returning vitality to the skin in terms of brightness, tautness, intensive hydration and youthfulnesses.

2 hrs

# 111 SKIN Cryotherapy Collection

Signature Cryotherapy Sports Massage **E** M

A localised treatment for tired, achy muscles and muscle recovery for sports injuries, it combines deep tissue massage, sports massage and cutting-edge cryotherapy to relieve tension and revive the body. It can be used on specific areas of concern, or as a whole body therapy.

60 mins 90 mins

Cryotherapy Cellulite Treatment

**B** M

Cryotherapy **Energy Facial E** M

Stimulating microcirculation and the lymphatic system to improve the appearance of cellulite, this treatment helps to ease and sooth tired legs and achy muscles while contouring the silhouette.

75 mins

A fusion of science and holistic therapy using cooled, purified air with our cryotherapy machine, which has outstanding revitalising effects on the skin. This treatment is specifically blended with our powerful 1115KIN Regenerative formulas to revitalise and recharge. Easing facial puffiness and energising the complexion, this facial is perfect for frequent fliers, city dwellers and those with hectic lifestyles.

60 mins



# Black Diamond

minimise fine lines, wrinkles and pigmentation whilst nourishing and

Black Diamond Cryotherapy Facial

Clarity Anti-Blemish

Clarity Anti-Blemish

LED Light

Face Rejuvenation:

Fine lines and wrinkles, loss of elasticity, visible pores, dehydration, dull complexion.

Pigmentation:

Photo-damage, Sun-induced age spots, uneven skin tone, hyper-pigmentation

Pigmentation:

Hormonal, post inflammatory, medication, photo-sensitivity

Acne: Mild to Moderate

Acne prone skin, occasional and hormonal breakouts, combination skin (oily T-Zone)

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Acne: Moderate to Severe

Persistent breakouts, red inflamed spots, facial redness, oily skin, visible pores

Redness:

Persistent facial redness, flushing, visible capillaries

Sensitive Skin:

Compromised, irritated and reactive, redness, dry, thin fragile complexion

Wound healing: Sunburn Body

30 mins

30 mins

Pain relief: Muscular and joint pain

Add on to any facial or body massage





# Scrubs and Wraps

Bajan Sugar Cane Scrub



Our signature Sunrise and Sunset oils are carefully blended with locally produced raw brown sugar to exfoliate the skin removing dead cells. The warm oil is absorbed into your skin to leave it feeling soft and silky. 25 mins

Sunburn Cooler



A powerfully soothing and rehydrating treatment for skin that has been over exposed to the elements. The legendary healing powers of lavender cool your overheated skin while peppermint and aloe comfort and soothe. A hydrating mask is applied to the face and while the active extracts get to work, an Ayurvedic scalp massage releases tension in the head for an all-over relaxing, restorative treatment.

60 mins

Renewing Rose Hydrating Cocoon







If you are looking for an indulgent and lifting treatment to bring back radiance, restore and renew your skin, then this is the treatment for you. This intensely hydrating body ritual includes a gentle exfoliation followed by a layering of hydrating and regenerating creams and oils rich in Damask Rose, renowned for its renewing and moisturizing properties. The products are left to penetrate under a wrap while an Ayurvedic scalp massage works to lift and brighten your spirits.



# Pregnancy Treatments: Suitable from 2nd Trimester

Real Nurturing for the Mum-To-Be



Feel nurtured and supported in a time of constant change. Choose from a selection of three oils, each safely formulated to be used during pregnancy and each with specific properties to nourish and care for your expanding skin so that you can reduce the risk of stretch marks. This massage will relieve stress and tension and help soothe an aching back. Finally, a relaxing and rejuvenating full scalp and facial massage will complement this top to toe treatment. Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

60 mins

Renewing Rose Hydrating Cocoon

(F) (P)



This deeply restorative, pampering, all-over body treatment incorporates exfoliation and the layering of rose based products, which are renowned for their cell renewing properties to immediately restore the skin's quality and appearance. Exfoliation, layering of rich creams and oils and a wrap will improve circulation, reduce swelling and work simultaneously on your physical, mental and emotional needs. You will leave feeling radiant, soft and smooth, with your spirits bright.

60 mins

Any 60 minute facial from The Aromatherapy Associates Collection



More than a facial, the new 60 minute Aromatherapy Associates facials work towards treating skin under stress, calming the skin and encouraging a full reset and repair for the skin and mind. Suitable during pregnancy once past the first trimester.

60 mins

Bajan Head Massage



Energizing and restorative techniques are applied using richly nourishing hair oil to condition the hair and scalp. This treatment focuses on energy points leaving you feeling uplifted and relaxed.

30 mins

Indian Head Massage



This ancient experience relaxes tones and eases muscle tension in the back, neck, scalp and shoulders. It also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras leaving you in a state of tranquility and peace. This treatment is ideal for reduction of jet lag, anxiety and headaches.

60 mins

\* This massage is performed in a seated position.





# Anti-Cellulite and Cryotherapy Collection

The Jet Blitz Experience



Cryotherapy Cellulite Treatment An invigorating warm water jet massage, aimed at stimulating lymphatic circulation and relax aching muscles, excellent for detoxifying.

15 mins

Stimulating microcirculation and the lymphatic system to improve the appearance of cellulite, this treatment helps to ease and sooth tired legs and achy muscles while contouring the silhouette.



## Hair and Scalp Collection

Bajan Head Massage F M P Energizing and restorative techniques are applied using richly nourishing hair oil to condition hair and scalp. This treatment focuses on energy points leaving you feeling uplifted and relaxed.

30 mins

Indian Head Massage

**F W** 

This ancient experience relaxes, tones and eases muscle tension in the back, neck, scalp and shoulders. It also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras leaving you in a state of tranquility and peace. This treatment is ideal for reduction of jet lag, anxiety and headaches.

60 mins

\*This massage is performed in a seated position.

Shirodhara



This treatment starts with a 30 minute scalp massage to start the relaxation process by relieving headaches, stress and tension. Pouring of warm medicated herbal oil on the forehead (third eye) follows, to induce a balanced state of peaceful rest for the mind and body. As well as its intense rejuvenating and anti-ageing effects, Shirodhara also improves memory, normalizes sleep patterns and addresses other neurological disorders.

60 mins

\*This massage is performed in a seated position.





### The Spa Experiences

Enjoy each other's company in a beautifully candlelit room with rose petals The Romantic 90 mins strewn all around and the beautiful scent of West Indian bay floating Bliss through the air. On the conclusion of the one hour couple's massage, you are **B M** escorted to the private hydrotherapy area in your treatment suite to relax in your own hydro pool and sip on a refreshing fruit punch. Signature This unique treatment will leave you with the warmest memories of your 120 mins time at Sandy Lane. This bespoke couples treatment begins with a foot ritual Romance in a candle lit room with rose petals and soothing aroma. Side by side full Ritual body massages are then performed using our Signature Sunrise and Sunset **F** M oils and concludes with a wonderfully relaxing scalp massage. Finally, feast on chocolate covered strawberries and sip on a refreshing mocktail while relaxing in your own private hydro pool. The Bajan Body scrub with coconut oil/coconut gratings and brown sugar 2hrs 30 mins Warm clay wrap in banana leaves Indulgence Full body massage with coconut oil Experience Bajan Lunch from The Spa Café\* The Shared Rhassoul 2hrs 15 mins Sandy Lane Massage Experience

26

Private hydrotherapy pool (30mins) with complimentary

fruit punches



Create your own collection by selecting any combination of three treatments.

4 hrs 30 mins

6 hrs

**B W** 

60 minute Sandy Lane Full Body Massage or Aromatherapy Massage 60 minute facial of your choice from the Aromatherapy Associates Facial

Collection Spa Café Lunch\*

60 minute Foot Zone Therapy or Renewing Rose Hydrating Cocoon

Total Indulgence

Body Scrub Sandy Lane Hot Stone Massage

Margy's Minilift Facial

Spa Café Lunch\*

Margaret Dabbs Manicure Margaret Dabbs Pedicure

\* Choice of lunch in the treatment room or in The Spa Café. Please place your order for lunch on arrival for your treatment at the Spa Reception Desk.

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\* Healthy menu options available in The Spa Café.



(2 persons)

**B M** 

Margaret Manicure	Dabbs
Margaret Pedicure V	Dabbs

with a wonderful hand and lower arm massage.

calluses. Expertly formulated with emu oil for its anti-inflammatory and

# Luxury Medical Pedicure

relaxation of a foot scrub, soak and massage but also address issues with both feet and nails more in depth. Suitable for both men and women alike. This extracts. Formulated to transform the way your feet & hands look and feel.





29

Margaret Dabbs Signature Manicure (includes paraffin dip)



Gel Polish 30 mins

Gel French Polish 30 mins

Removal / Soak off

Please note that times for Signature Manicures and Pedicures

can be adjusted to suit if needed.

30 mins

# Make Up

Make up services on request

Waxing

Full Leg 45 mins
Half Leg 30 mins
Bikini 15 mins

Underarm 15 mins

Lip and Chin 15 mins

# Eyebrows & Eyelashes

Eyebrow ShapePlease request either wax or tweezers.15 minsEyelash TintA sensitivity test must be carried out 24 hours prior to treatment.30 minsEyebrow TintA sensitivity test must be carried out 24 hours prior to treatment.15 mins

Brow Grooming 15 mins

30

### General Information

Spa Reservations - Ext 2100

Open: 9:00am - 8:00pm

We strongly recommend making your Spa reservations in advance to avoid disappointment.

Allow your personal therapist to design a sequence of treatments which will suit your specific and immediate needs.

Treatment Suites

The Spa at Sandy Lane features 11 personalised treatment suites each with shower, bathroom and either outdoor garden, private hydro pool or skylight.

Hydro Pool, Heat Experiences & Spa Garden

We invite you to come at least 45 minutes before your scheduled treatment to allow sufficient time to enjoy the benefits of these complimentary experiences.

Health Conditions

Please advise the receptionist at the time of booking if you have any health conditions, allergies, or injuries which could affect your choice of treatment. We can ensure your safety and enjoyment.

Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow our trained Spa team to advise you on treatments that would be most suitable during this special time.

Spa Etiquette

The Spa environment is peaceful, tranquil and conducive to relaxation. To ensure that all our guests benefit from this serene environment we ask that all Spa users respect other guests rights to privacy and refrain from smoking and using mobile phones throughout the Spa.

Do I Have A Choice Of Therapist?

You do have a choice of male or female therapist. Please indicate your preference to the receptionists. Please note however, that we cannot guarantee the availability of any particular therapist. All of our therapists are trained to provide the highest standard of treatments. Please be advised that no inappropriate behavior or requests will be tolerated.

Cancellation Policy

Cancellations are accepted up to 4 hours or more prior to the start of your appointment without incurring a charge. If notification is given within 4 hrs or less to the start of the treatment, you are charged 50% of the treatment price. If you fail to show up for your treatment, you will be charged in full.





### Check-In

We recommend you arrive at least 45 minutes prior to your appointment to allow time to change and take full advantage of our facilities. Appointments begin promptly at the scheduled time. Should you arrive late, your appointment will be shortened to facilitate the next appointment. We recommend that you bring a bathing suit if you wish to experience heat facilities and hydro pool.

### Dress Code

Please arrive suitably attired - no bare backs or bare feet are allowed. We provide a robe and slippers in guest lockers and disposable underwear is available for your comfort. For the Thai and Shiatsu massages, we provide loose Thai suits for you to wear however you are also welcome to wear your own loose fitting clothing. Guests booked for a self tanning treatment are also invited to wear their own swimsuit or, if they would prefer, disposable under-garments are available.

### Age Requirements

The Spa is an adult only environment. The minimum age requirement for access into the Spa is 16 years. This includes the Gym and Spa treatments.

Spa Reservations: Ext. 2100 Email: sreception@sandylane.com







Spa Reservations: Ext. 2100 • Email: sreception@sandylane.com Sandy Lane Hotel, St. James, Barbados, West Indies sandylane.com



