# JANISSA — SPA



Imagine yourself transported to a place where time stops and the heady aroma of spices float on gentle sea breezes.

Escape to a chic tropical oasis at Janissa Spa, where the restoration power of spices, seaweed, and citrus zest revive and revitalise.

Five air-conditioned treatment rooms, as well as a couples massage studio, open-air rain showers and a cedar sauna, surroun a tranquil courtyard. Skilled spa technicians tap into Dermalogical the leading skin care brand, to provide soothing wraps, body polishes and facials, while expert therapists work spice-scented massage magic. Janissa also offers a wide range of hair services, including consultation, cutting, styling, extensions and colouring.



### SWEDISH MASSAGE 50 MIN | 90 MIN

A luxurious full body massage. Gentle manipulations of the muscles with the use of massage oils. Improves flexibility and stimulates circulation.

### AROMATHERAPY MASSAGE 50 MIN

Choose from several essential oils derived from plant extracts, custom blended for skin and body needs. Local spiced oils are also available.

#### 

A full body massage with light to moderate pressure. Smooth, water-heated stones are placed at key points on the body, transferring warmth to allow deep relaxation of the muscles, melting away tension and muscle stiffness, while increasing circulation and metabolism. This customized hot stone massage is a healing and relaxing experience.

### UPPER BODY MASSAGE 30 MIN

This is the ideal massage for the upper body. Focus is placed on the upper back, neck & shoulders as well as the head for relief of aches and pains.

### BACK MASSAGE 30 MIN

An antidote for tight, stressed muscles in the neck and back, this firm massage takes aim at everyday tension and stress.

### HAND & FOOT MASSAGE 30 MIN

This treatment's main focus is to help relax those tired hands and feet, as well as improve circulation.

### IANISSA SIGNATURE MASSAGE 60 MIN

The ultimate massage experience. A slightly firmer massage with your choice of local, stress relief or toxin relief treatment oils and a hand or foot paraffin treatment. This treatment will leave you completely de-stressed.

### DEEP TISSUE MASSAGE 50 MIN | 90 MIN

This massage is used to release chronic patterns of muscular tension. Pressure is placed on relevant areas and muscles are worked in order to evoke deep tissue stimulating circulation and regenerating lymphatic flow.

### REFLEXOLOGY MASSAGE 25 MIN | 50 MIN

Designed to reduce stress and alleviate everyday aches and pains, our energizing Reflexology Massage targets the reflex points on the soles of the feet linked to specific body functions. This ancient healing experience will improve your sleep and circulation, provide headache and sinus relief and aid your digestion.

### RELAXING SCALP TREATMENT 20 MIN

Using essential oils and Indian massage techniques, this treatment is designed to relax the scalp, stimulate the nerve endings and promote healthy hair growth.



## Facial Treatments

### JANISSA SIGNATURE CUSTOM FACIAL\*......50 MIN

This treatment is customized at every step by your skin care therapist. After careful analysis your skin receives a complete cleansing, exfoliation, steam and moisturizing massage of the face, neck, and shoulders.

### MEN'S REJUVENATING FACIAL\* 50 MIN

A deep cleansing, pore-refining treatment, our Men's Facial conditions and balances the skin's natural oils. Purifying cleansers an light extractions help remove impurities, while a refining mask and pressure point massage leaves skin feeling fresh and revitalized.

Upgrade your facial treatments by choosing either our Anti-Aging or Acne line of products



PURIFYING BACK TREATMENT	30 MIN
Take a load off with our super smoothing back treatment designed to rid your muscles of s skin of impurities. A deep cleansing scrub is followed by extraction as needed and a massag for your back's most stressed areas.	•
SEA SALT BODY SCRUB	30 MIN
A full body exfoliation where we start with a body brush that helps with circulation and the exfoliation which aids in the removal of dead skins cells which leaves the body glowing and	
JANISSA SIGNATURE BODY WRAP	90 MIN
Get ready to take on the world again with our revitalizing and energizing body treatment. Vexfoliation to remove dulling skin cells, then move on to a specialized aromatherapy and premassage followed by a customized mud or gel applied from head to toe to hydrate and determined the treatment concludes with a deeply relaxing acupressure scalp massage.	essure point
THERMAL BODY WRAP	50 MIN
An ultra-soothing, hydrating treatment personalized with aromatherapy oils. A natural, alogel or honey is swaddled in a thermal wrap to infuse the skin with moisture. Ideal for sun ex	
DETOXIFYING SEA MUD WRAP	50 MIN
	50 /////
Detoxify, exfoliate and nourish your body with a purifying seaweed and mineral mud poulti in a warm, relaxing wrap. Infused with aromatic botanical extracts and fruit enzymes, this twith leave your skin smooth and supple.	ce sealed
in a warm, relaxing wrap. Infused with aromatic botanical extracts and fruit enzymes, this t	ce sealed reatment

## Salon Services

Polish Change (hands)	15	MIN
Polish Change (feet)	. 15	MIN
Classic Manicure	30	MIN
Classic Pedicure	45	MIN
Hot Stone Pedicure	60	MIN
Acrylic Nail Full Set	60	MIN
Janissa Signature Manicure	60	MIN
Classic Manicure with revitalizing hand treatment and hand massage.		
Janissa Signature Pedicure	75	MIN
Classic Pedicure with revitalizing foot treatment and foot massage.		

### Add ons

CND Shellac Polish

Hot Stone

Acrylic Refill

• CND Vinylux

• OPI Gel Colour

• Shellac/OPI Colour Removal

Hand & Foot Paraffin

French Manicure

### Wedding Services

Bridal Styling & Make Up

## \*\* Waxing & Tinting

• Upper Lip

Back

Brazilia

Chin

• Full & Half Δr

Eyebrow Tinting

Under Arm

• Full & Half L

**Eyelash Tintin** 

Chest

Basic Bikini

Evebrow Shaping

## \* Hair Services

• Shampoo & Condition

Gentlemen's Precision

• Flat Iron

Shampoo & Finish

Cut a Style

- Draiding (ruin

Shampoo. Cut & Finish

12 and under

Single Braid

Gentlemen's Cut

Hair Treatment

Curling Iron



## Spa Packages

JANISSA SPA WELCOME 2 HRS
Swedish Massage and Janissa's Signature Manicure.

JANISSA SIGNATURE SPECIAL 2.5 HRS
Signature Facial, Manicure and Pedicure.

REJUVENATION 2 HRS
Sea Salt Scrub, Detox Mud Wrap and Deep Tissue Massage.

THE CHAIRMAN'S SPECIAL 3 HRS
Hot Stone Massage, Signature Facial with Signature
Manicure or Pedicure.

2.5 HRS

SPICE ISLAND HEALING

Three 50 minute reflexology sessions.

### General Spa Information

### **IANISSA SPA HOURS**

7:00 am - 7:00 pm daily (Off-season hours may vary)

### PRICING

All pricing in the Spa Menu is quoted in U.S. dollars and is subject to 10% service charge and 15% VAT.

#### IN ROOM MASSAGE TREATMENTS

In-room massage treatments can be arranged in the comfort and privacy of your guest room or suite. In-room services carry a 20% surcharge.

#### **APPOINTMENTS**

Our services are very popular so we suggest that reservations be made as early as possible. These can be booked through the hotel's Front Desk.

Please allow at least 4 hours for cancellations or a cancellation fee of 50% of the cost of the treatment may apply. Non-resident cancellations require 24-hour advance notice.

### **GIFT CERTIFICATES**

Janissa Spa also makes the perfect gift. Ask about our gift certificates.

#### CHECK-IN

Please come to the Front Desk and we will be happy to escort you to the Spa.

### CONSULTATION

You will be required to fill out a brief consultation card before the start of your treatment. We therefore advise that you arrive 15 minutes ahead of your scheduled appointment time.

### **CLOTHING**

Please wear comfortable clothing. A personal locker is provided. If you are scheduled to have a body or hydro treatment, please bring a swimsuit with you.

Call for an appointment today: Tel (473) 444-4258 or 4423, ext. 243 or 244

# JANISSA —SPA—

Grand Anse Beach • St. George's • Grenada, W.I. Tel (473) 444-4258 or 4423, ext. 243 or 244

SpiceIslandBeachResort.com

### Price List

## JANISSA

MASSAGE THERAPIES	\$US	Acrylic Nail Full Set	90	HAIR SERVICES	\$US
Swedish Massage	126   180	Hot Stone Pedicure	90	Shampoo, Condition	36
Aromatherapy Massage	138	ADD ONS	\$US	Shampoo, Finish (Set or Blow Dry)	
Back Massage	78	CND Shellac Polish	18	Short	54
Upper Body Massage	90	OPI Gel Colour	24	Medium	66
Hand & Foot Massage	78	CND Vinylux	15	Long	78
Janissa Signature Massage	138	French Manicure	12	Shampoo, Cut, Finish	
Deep Tissue Massage	162   216	Shellac/OPI Colour Removal	12	Short	66
Hot Stone Massage	198   258	Hand/Foot Paraffin	24   36	Medium	78
Relaxing Scalp Treatment	42	Anti-Aging Facial Upgrade	54	Long	90
Reflexology	102   120	Acne Line Facial Upgrade	24	Gentleman's Cut	30
FACIAL TREATMENTS	\$US	Hot Stone	18	Gentleman's Precision Cut & Style	42
Janissa Signature Facial	126	Acrylic Refill	60	Child's Haircut (12 and Under)	18
Men's Rejuvenating Facial	126	WAXING AND TINTING	\$US	Hair Treatment	24
BODY TREATMENTS	\$US	Upper Lip	15	Flat Iron	30
Purifying Back Treatment	,	Chin	18	Braiding (Full Head)	72
Janissa Signature Body Wrap		Under Arm	30	Single Braid	4
Thermal Body Wrap		Chest	42	Curling Iron	36
Detoxifying Sea Mud Wrap		Back		Bridal Styling	72+
Chocolate Body Wrap		Full Arm		Bridal Makeup	72
Sea Salt Body Scrub		Half Arm		PACKAGES	\$US
CALON CERVICES	¢u.c	Full Leg		Janissa Spa Welcome	
SALON SERVICES	\$US	Half Leg			
Polish Change (hand/foot)		Basic Bikini		Janissa Signature Special	
Classic Manicure	42	Brazilian	72	Rejuvenation	374
Classic Pedicure	60	Eyebrow Tinting	18	The Chairman's Special with Pedicure	363
Janissa Signature Manicure	54	Eyelash Tinting	24	The Chairman's Special with Manicur	e351
Janissa Signature Pedicure	72	Eyebrow Shaping	18	Spice Island Healing	342

Guests of Janissa Spa (non-resident guests and hotel guests holding appointments) enjoy complimentary use of the Relaxation Lounge and locker rooms. Janissa Spa Sauna attracts a fee of US\$30 per use. All prices are in US\$ and are subject to 10% Service Charge + 15% V.A.T.