

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 restorative 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, surround a tranquil courtyard. Skilled spa technicians tap into Dermalogica®, 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.

## *Massage Therapies*

### **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.

### **HOT STONE MASSAGE..... 60 MIN | 90 MIN**

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.

### **JANISSA 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..... 60 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\*..... 60 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\*..... 60 MIN

A deep cleansing, pore-refining treatment, our Men's Facial conditions and balances the skin's natural oils. Purifying cleansers and 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*

## Body Treatments

### PURIFYING BACK TREATMENT..... 30 MIN

Take a load off with our super smoothing back treatment designed to rid your muscles of stress and your skin of impurities. A deep cleansing scrub is followed by extraction as needed and a massage designed for your back's most stressed areas.

### SEA SALT BODY SCRUB..... 45 MIN

A full body exfoliation where we start with a body brush that helps with circulation and then an exfoliation which aids in the removal of dead skins cells which leaves the body glowing and rejuvenated.

### JANISSA SIGNATURE BODY WRAP..... 90 MIN

Get ready to take on the world again with our revitalizing and energizing body treatment. We start with exfoliation to remove dulling skin cells, then move on to a specialized aromatherapy and pressure point massage followed by a customized mud or gel applied from head to toe to hydrate and detoxify the skin. This treatment concludes with a deeply relaxing acupressure scalp massage.

### THERMAL BODY WRAP..... 50 MIN

An ultra-soothing, hydrating treatment personalized with aromatherapy oils. A natural, aloe-based gel or honey is swaddled in a thermal wrap to infuse the skin with moisture. Ideal for sun exposed skin.

### DETOXIFYING SEA MUD WRAP..... 60 MIN

Detoxify, exfoliate and nourish your body with a purifying seaweed and mineral mud poultice sealed in a warm, relaxing wrap. Infused with aromatic botanical extracts and fruit enzymes, this treatment will leave your skin smooth and supple.

### SPICE CLASSIC CHOCOLATE BODY WRAP..... 60 MIN

Revitalize and nourish the skin with this luxurious treatment made from local Grenadian Chocolate from 'tree to bar to body'.

## *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
- Brazilian
- Chin
- Full & Half Arm
- Eyebrow Tinting
- Under Arm
- Full & Half Leg
- Eyelash Tinting
- Chest
- Basic Bikini
- Eyebrow Shaping

## *Hair Services*

- Shampoo & Condition
- Gentlemen's Precision Cut & Style
- Flat Iron
- Shampoo & Finish
- Braiding (full head)
- Shampoo, Cut & Finish
- Child's Haircut 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.

**SPICE ISLAND HEALING ..... 2.5 HRS**

Three 50 minute reflexology sessions.

## General Spa Information

### JANISSA 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**

### MASSAGE THERAPIES

**\$US**

Swedish Massage .....	157.50   225
Aromatherapy Massage .....	172.5
Back Massage .....	97.5
Upper Body Massage .....	112.5
Hand & Foot Massage .....	97.5
Janissa Signature Massage .....	172.5
Deep Tissue Massage .....	202.5   270
Hot Stone Massage .....	247.5   322.5
Relaxing Scalp Treatment .....	52.5
Reflexology .....	127.5   150

### FACIAL TREATMENTS

**\$US**

Janissa Signature Facial .....	157.5
Men's Rejuvenating Facial .....	157.5

### BODY TREATMENTS

**\$US**

Purifying Back Treatment .....	112.5
Janissa Signature Body Wrap .....	225
Thermal Body Wrap .....	150
Detoxifying Sea Mud Wrap .....	150
Chocolate Body Wrap .....	270
Sea Salt Body Scrub .....	142.5

### SALON SERVICES

**\$US**

Polish Change (hand/foot) .....	20
Classic Manicure .....	52.5
Classic Pedicure .....	75
Janissa Signature Manicure .....	67.5
Janissa Signature Pedicure .....	90

Acrylic Nail Full Set .....	112.5
Hot Stone Pedicure .....	112.5

### ADD ONS

**\$US**

CND Shellac Polish .....	22.5
OPI Gel Colour .....	30
CND Vinylux .....	15
French Manicure .....	15
Shellac/OPI Colour Removal .....	15
Hand/Foot Paraffin .....	30 45
Anti-Aging Facial Upgrade .....	67.5
Acne Line Facial Upgrade .....	30
Hot Stone .....	22.5
Acrylic Ref .....	75

### WAXING AND TINTING

**\$US**

Upper Lip .....	18.5
Chin .....	22.5
Under Arm .....	37.5
Chest .....	52.5
Back .....	75
Full Arm .....	67.5
Half Arm .....	37.5
Full Leg .....	90
Half Leg .....	52.5
Basic Bikini .....	45
Brazilian .....	90
Eyebrow Tinting .....	22.5
Eyelash Tinting .....	30
Eyebrow Shaping .....	22.5

### HAIR SERVICES

**\$US**

Shampoo, Condition .....	45
Shampoo, Finish ( <i>Set or Blow Dry</i> ) .....	
Short .....	67.5
Medium .....	82.5
Long .....	97.5
Shampoo, Cut, Finish .....	
Short .....	82.5
Medium .....	97.5
Long .....	112.5
Gentleman's Cut .....	37.5
Gentleman's Precision Cut & Style .....	52.5
Child's Haircut ( <i>12 and Under</i> ) .....	22.5
Hair Treatment .....	30
Flat Iron .....	37.5
Braiding ( <i>Full Head</i> ) .....	90
Single Braid .....	5
Curling Iron .....	45
Bridal Styling .....	90
Bridal Makeup .....	90

### PACKAGES

**\$US**

Janissa Spa Welcome .....	187.5
Janissa Signature Special .....	306.5
Rejuvenation .....	467.5
The Chairman's Special with Pedicure .....	453.75
The Chairman's Special with Manicure .....	438.75
Spice Island Healing .....	427.75

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\$37.5 per use. All prices are in US\$ and are subject to 10% Service Charge + 15% V.A.T.

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Grand Anse Beach • St. George's • Grenada, W.I.

Tel (473) 444-4258 or 4423, ext. 243 or 244

*SpiceIslandBeachResort.com*