



TENSING PEN



SPA
&
WELLNESS

RELAX. RESTORE. REJUVENATE

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SPA ETIQUETTE

RELAX. RESTORE. REJUVENATE

*Take a moment to inhale and exhale.
Welcome to a place of relaxation and serenity.*

*Allow our treatments to help you balance your body, your
mind and your spirit.*

*You will feel relaxed in our open air Spa Huts, our Seasong
Hut, or the privacy of your own room.*

*Our dedicated therapists will provide you with exceptional
care for an unforgettable experience.*

Hours of Operation
9:00 AM - 6:00 PM

Appointment and Reservation

Please book your spa treatments at least 3 hours in advance.
Appointment times and location are based on availability.

Cancellation

Kindly provide a minimum of 3 hrs notice should you wish to cancel or reschedule
your appointment.

No shows or cancellations made less than 3 hrs of scheduled treatment results in
a 25% charge of treatment cost.

Offsite guests must pay the requisite cost for treatment in advance.

Locations

Massage treatments are offered in our ocean front massage hut
or the Seasong Hut.

They can also be scheduled on your private veranda or balcony.

We offer several essences for our massage treatments, these change seasonally,
and may consist of eucalyptus, lemongrass, coconut, coffee, etc.

MASSAGES

RELAX. RESTORE. REJUVENATE



SWEDISH MASSAGE

60 MINUTES	\$85
90 MINUTES	\$120

A full body massage that combines gentle strokes and varying pressures to release tension in the muscles and tissues caused by stress. Therapist will ask you to specify your desired pressure level.

DEEP TISSUE MASSAGE

60 MINUTES	\$95
90 MINUTES	\$140

A deeper more focused body massage, targeting chronic tension in muscles and connective tissues, to free toxins, and restore circulation of blood and oxygen.

BACK MASSAGE

30 MINUTES	\$55
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A shorter massage focused on the back and shoulders to relieve tension in the neck, shoulder, and lumbar region.

THERAPEUTIC INJURY/PAIN RELIEF MASSAGE

60 MINUTES	\$140
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Injury or pain relief focused therapeutic massage. Therapist has 15+ years experience providing anatomy specific injury treatment massage. She blends deep work breaking up adhesions with neuromuscular techniques to relieve trigger points and release tissue.

ALOE VERA MASSAGE

60 MINUTES	\$90
90 MINUTES	\$130

Used since ancient times to treat and heal the skin, Aloe Vera is very useful on sunburns and after tanning. Locally produced Aloe Vera is used for this gentle massage treatment.

JAPANESE HOT STONE MASSAGE

60 MINUTES	\$130
90 MINUTES	\$180

A specialty massage using smooth heated stones and Tensing Pen's special blend of massage oil. The hot stones relaxes muscles and increases blood flow to the area treated, thereby accelerating the healing process.

FOUR HANDS BODY MASSAGE

60 MINUTES	\$150
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The ultimate relaxing full body massage, performed by two trained therapists working simultaneously to enhance your treatment.

REFLEXOLOGY FOOT MASSAGE

30 MINUTES	\$45
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A deep relaxing foot massage using acupressure. Acupressure is applied to the hands and feet in keeping with ancient oriental theory that meridian lines carry energy throughout the body.



Cannabis Butter can be added to any of these treatments for an extra \$20 per treatment. Its properties help relieve sore muscles. Please inquire when booking your treatment

SCRUBS & FACIALS

RELAX. RESTORE. REJUVENATE

BODY SCRUB WITH BROWN SUGAR AND ESSENTIAL OILS

60 MINUTES

\$90

Choose VANILLA, LEMONGRASS or LAVENDER. Mixed with brown sugar, it is massaged into your skin to remove impurities and improve circulation, leaving your skin soft, soothed and toned. The treatment is completed with the application of a moisturizer.

BODY SCRUB WITH BROWN SUGAR & COCOA BUTTER

60 MINUTES

\$90

Jamaican Brown Sugar is combined with cocoa butter to exfoliate dull, dry skin cells and then a gentle massage of cocoa butter is applied to leave your body soft and smooth. A scrub designed to provide nutrients to dead, dry skin, improve circulation and render it smooth and buff.

FACELIFT MASSAGE

60 MINUTES

\$95

Deep relaxing massage techniques stimulate the underlying layers of skin and soft tissue in the face. designed to reduce the visibility of Surface wrinkles and toning facial muscles.

TOTAL RELAXATION FACIAL

60 MINUTES

\$80

This ultimate facial includes steam, cleansing, mud mask, and a moisturizing facial massage. Designed to leave you with a sense of well-being. A mini-hand, foot and calf massage is also included.

CLEANSING FACIAL WITH MUD AND SPICES

60 MINUTES

\$95

Deep cleanse, exfoliate and nourish sensitive skin with this gently skin-renewing facial. This treatment is customized for sensitive skin.



COUPLES TREATMENTS

RELAX. RESTORE. REJUVENATE

All our Couples Treatments can be arranged for groups, such as bachelorette parties.

We transform our Seasoning Hut into a Wellness Space pampering up to 6 guests at once.

All our Couples Treatments can be upgraded for Bridal Couples, seeking relaxation before the Big Day.

COUPLES SWEDISH MASSAGE

60 MINUTES	\$170
90 MINUTES	\$240

Unwind side-by-side with your friend or partner while two trained therapists massage both of you. A great way for a couple or friends to spend quality time together while being totally pampered.

COUPLES DEEP TISSUE MASSAGE

60 MINUTES	\$190
90 MINUTES	\$280

A deeper more focused body massage for both of you, targeting chronic tension in muscles and connective tissues, to free toxins, and restore circulation of blood and oxygen.

COUPLES ALOE VERA MASSAGE

60 MINUTES	\$180
90 MINUTES	\$260

A deeper more focused body massage for both of you, targeting chronic tension in muscles and connective tissues, to free toxins, and restore circulation of blood and oxygen.

COUPLES BODY SCRUB WITH BROWN SUGAR & COCOA BUTTER

60 MINUTES	\$180
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Enjoy a fun time together, while our therapists use Jamaican Brown Sugar to exfoliate dull, dry skin cells. You will both notice your skin glowing and your muscles soothed after a gentle massage with cocoa butter, leaving your body soft and smooth.





OTHER SERVICES

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WAXING

Half arm	\$35	Half leg	\$45
Full arm	\$60	Full Leg	\$80
Under Arm	\$20	Bikini	\$30

NAILS

Salon services can be arranged in the privacy of your cottage, on your patio or balcony, as you enjoy the serenity of our gardens or the azure waters of the Caribbean Sea.

Regular Manicure	\$30	Regular Pedicure	\$40
French Manicure	\$38	French Pedicure	\$50
Make Up	Starts at \$55	Hair Styling	Starts at \$60



All Paws **\$90**
90 minutes Foot Massage and Manicure

A therapeutic foot massage rejuvenates and revitalizes your feet, relieves muscle soreness, improves circulation, and relaxes muscles. Finishing with a beauty treatment your hands and nails.

YOGA

Bring yourself closer to Nirvana at our Seasong Hut.
Classes are suitable for beginners, intermediate or advanced, daily at 9:30 am.
By appointment at the Front Desk.

US \$20 per person based on a minimum of 3 persons.
Private Yoga classes may also be arranged for other times.

