

## Massages

Indulge in a massage that has been individually tailored to suit your needs. Choose from either Relaxation, Deep Tissue, Pregnancy or Remedial Massage

|   |     |
|---|-----|
| 60 min  | 110 |
| 90 min  | 155 |
| You can include aromatherapy with either of the above massages treatments | 10  |

## Hot Stone Massage

Experience a state of deep relaxation, as the heat from the volcanic hot stones melt into your body, reaching ten times deeper into the belly of the muscle, than traditional massage. The stones are placed on various parts of the body, to offer deeper penetration as well as an extension of the therapist's hands during massage

|        |     |
|--------|-----|
| 90 min | 170 |
|--------|-----|



## Ocean Blue Outdoor Massage

A tranquil and relaxing massage amidst the peaceful sounds of the ocean lapping at the beachfront, and birds singing high in the tree tops

|        |     |
|--------|-----|
| 60 min | 145 |
| 90 min | 185 |

## Rituals for hands & feet

### Botanical Barefoot Indulgence Pedicure

Your Feet and legs will be treated to an essential oil steeped foot soak, bamboo and pineapple exfoliation followed by a stimulating French clay masque. Then a rich spearmint and ginkgo foot treatment, and to finish off, your nails will be shaped, buffed and polished

|        |     |
|--------|-----|
| 60 min | 110 |
|--------|-----|

### Moroccan Rose Hand Treatment

Replenish beautiful hands and nails with an essential oil steeped hand soak followed by a raspberry crème and walnut smoothing exfoliation. A rejuvenating hand massage is infused with a cocoa butter and French clay masque. Finished with an exotic moisture boost rich in guava, Moroccan rose and vitamins. Your treatment will conclude with a shape, buff and polish to add the finishing touch.

|        |    |
|--------|----|
| 45 min | 85 |
|--------|----|

### Paraffin Wax

Add a Hydrating & Nourishing Paraffin soak to any of the above hand or foot treatments for

20

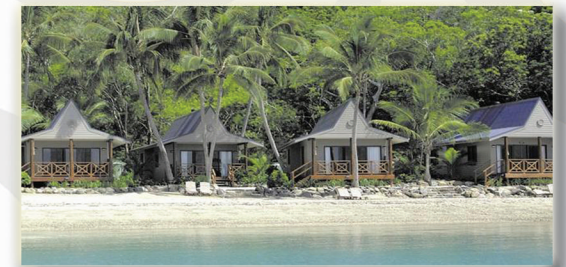
### Spa Ritual Upgrades

|                                    |    |
|------------------------------------|----|
| Rejuvenating Spa Facial (30 min)   | 50 |
| Express Mani or Pedi               | 50 |
| Foot Lovers Massage (30 min)       | 50 |
| Additional 30 min body massage     | 50 |
| Anti-Ageing Eye Treatment (15 min) | 30 |
| Orange Creme Hair Treatment Masque | 20 |



**Palm Blue**  
massage - spa

- ✦ Massage
- ✦ Facials
- ✦ Manicures
- ✦ Pedicures
- ✦ Body Wraps
- ✦ Gift Vouchers
- ✦ Waterlily Range
- ✦ Outdoor Massage
- ✦ Bridal Packages



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## Palm Blue Signature Spa Ritual

### The Oasis

Restore your sense of wellbeing. Let us take you on a journey to a wellness oasis. Your treatment begins with a full body papaya crème and polished walnut exfoliation massage, followed by a nourishing clay body mask, rich in minerals to firm, tone and hydrate your skin. This sensory Spa Journey is completed with a Waterlily Signature Botanical Facial leaving you in a sense of deep relaxation

150 min

290

### Island Getaway

Relax your body, de-stress your mind and revitalise your skin with a 60 min massage and a 30 min Rejuvenating Petit Facial

90 mins

155

### Island Retreat

Rejuvenate your skin and free your mind, and body with a 60 min Botanical Spa facial and 30 min relaxing massage

90 mins

155

### Oceanic Ritual

Melt away stress and tension with a relaxation massage, followed by a foot treatment with an exfoliation mask, and moisturiser for those sore and tired feet

60 min

110

90 min

155



## Signature Body Treatments

### Organic Honey and Cocoa Body Wrap

Experience the ultimate full body rejuvenation ritual. Starting with a papaya crème and walnut smoothing exfoliation. Your body is then cocooned in a French Clay and vanilla crème masque, rich in cocoa and organic honey. This sensory journey is completed with a full body hazelnut and vanilla bean hydration treatment

90 min

180



### Lemongrass Crème Body Wrap Treatment

An uplifting and gently detoxifying body treatment, designed to combat congested, uneven and cellulite prone skin. Begin with a lemongrass crème and walnut smoothing exfoliation, followed by a stimulating green tea and ginseng golden clay cocoon infused with active herbal extracts, lemon rind and revitalising lemongrass. Once removed this enriching wrap is complete with a replenishing full body hydration treatment

90 min

180

### Vanilla Bean Infused Sugar Scrub

Deliciously smoothing full body exfoliation with Australian cane sugar drizzled with pure vanilla bean and almond oil rich in vitamin E for irresistibly soft skin. A tantalising treatment to gently exfoliate while replenishing, toning and enriching the skin with a silky soft sheen of heaven scented moisture

60 min

125

## Waterlily Performance Spa Facial

### Fruit Enzyme Spa Facial

An exfoliating and refining facial treatment rich in exotic tropical fruits, crushed citrus rind and berries to revitalise the duller of skin types. Leaving skin luminous, glowing and refreshed

75 min

150

## Waterlily Signature Botanical Facials

### Hydrating Botanical Facial

Begin with a deep moisture locking cleanse followed by a Pink French clay and exotic fruit gommage exfoliation. Indulge your senses in an aromatic facial massage designed to relax your mind and alleviate tension, followed by a nourishing passionflower crème and clay masque. This rejuvenating facial is finished with a rich Moroccan rose moisture treatment to promote a dewy youthful complexion

60 min

115



### Purifying Botanical Facial

Begin with a deeply purifying double cleanse, followed by a Kiwi fruit enzyme steam exfoliation. Relax during a cold pressed oil balancing massage and purifying Green French clay masque. Finish with an antioxidant vitamin treatment to promote healing and repair

60 min

115