

# the spa

AT SEVEN STARS



# RELAX THE MIND, INDULGE THE BODY

*Seven Stars' world-class spa offers an extensive menu of services to soothe mind and body. Our expert spa therapists specialize in a variety of massage techniques to improve circulation, hasten detoxification, and release tension. Other services include facials, full-body treatments, spa manicures and pedicures.*

Condé Nast  
**Traveler**  
TOP 25 SPA'S  
IN THE WORLD



# MASSAGES

## SSR SIGNATURE CANDLE MASSAGE

50 min \$160 | 80 min \$190

SSR Signature Candles combine the soothing scent of a spa candle with the comfort of an essential oil massage lotion. Our fragrant soy candles melt into a wonderful body lotion suitable for skin care or as a soothing massage lotion. There is nothing quite like a body candle massage, with the wonderful aroma of our massage oil aromatherapy candles working equally well as a room-enhancing scent and as an aromatherapy soy lotion for your skin.

## SWEDISH MASSAGE

50 min \$135 | 80 min \$170

Classic European massage techniques manipulate muscles with the use of massage oils and slow relaxing strokes to increase circulation, flexibility and de-stress.

## DEEP TISSUE

50 min \$145 | 80 min \$185

Massage methods focusing on aligning the deep layers of muscles and connective tissues through kneading and the application of point specific pressure to the areas of concern. The benefits of this treatment include improved range of motion, decreased stress and pain relief.

## ADVANCED BODY THERAPY

50 min \$150 | 80 min \$190

The body is in constant change, so your treatment should reflect its needs. We create the perfect massage for you based on what your body needs for healing and restoration. This customized massage uses our therapist's ability to integrate a variety of customized techniques to suit your unique needs.

## AROMA LUXE

50 min \$140 | 80 min \$180

Similar to the Swedish massage, with the benefits of fragrant essential oil extracts from plants, this massage helps reduce muscle tension, insomnia, and poor circulation. This treatment will leave you balanced and recharged. Choose from detoxifying, relaxing and energizing oils.

## HOT STONE

50 min \$150 | 80 min \$190

Smooth heated basalt stones are placed strategically along specific meridian points and used individually to massage the entire body. This smooth rhythmic massage promotes gentle muscle ease and relaxation from the deep penetrating heat of the stones. You can also add your choice of essential oils to enhance the benefits of this relaxing massage.



MASSAGES (CONTINUED)

SHIATSU MASSAGE

50 min \$140 | 80 min \$180

It is a way of relaxation, but in its main theory shiatsu is a holistic bodywork. The Shiatsu massage uses acupressure techniques which are applied with hands, thumbs, elbows and knees. The acupressure techniques gets its roots from the acupuncture therapy and traditional Japanese technique.

PRE-NATAL

50 min \$140

*After first trimester as a resort policy*

A gentle full body massage assisting with fluid retention, lower back pain and other discomforts commonly associated with pregnancy are addressed during this treatment. As an added bonus, we will use pure virgin coconut oil.

BEACHSIDE MESSAGES

*Additional \$25 to chosen massage*

Rejuvenate mind and body with an array of soothing massage therapies in the serene and natural setting of our beachside hut overlooking Grace Bay beach.

(SSR signature massage and hot stone are not available)

IN ROOM MESSAGES

50 min 80 min

*Additional \$30 per person*

Reap all the benefits of a relaxing massage without having to leave your room. Choose from our range of massage treatments.

(Hot stone massage not available)

COUPLES

50 min or 80 min

Choose from our range of massage treatments to be enjoyed side by side in the same room.

REFLEXOLOGY

30 min \$80

Reflexology is a traditional Chinese massage that focuses solely on the treatment of your tired feet. By holding pressure on different points of the feet combined with muscle stripping, we will ease any tension you may be feeling. The treatment ends with a soothing warm scented towel compress leaving you light on your feet.

JETLAG

30 min \$80

Massage techniques focused on the back shoulders neck and scalp. Medium to firm pressure is applied to the areas strained by the long plane ride. This treatment is great for people who suffer from tension headaches, stiff shoulder and neck muscles.





# YON-KA TREATMENTS

*A specialist and pioneer in the field of phytoaromatic skincare since the 1950s, Yon-Ka gives your skin enlivening essential oils charged with energy from the sun's rays. At the heart of Yon-Ka is a pure and natural aromatic composition of lavender, cypress, rosemary, thyme and geranium essential oils.*



## FACIALS

### LE GRANDE CLASSIQUE

75 min \$120

#### *Deep pore cleansing facial*

A deep pore cleansing facial customized for your skin type and helps to free the skin of toxins and pollutants. Even the most sensitive skin can benefit from this personalized facial.

### OPTIMIZER

60 min \$130

#### *Firming & lifting facial*

A facial that combats the signs of aging. We help your skin look visibly younger by using a series of micro peels, high quality moisturizers and a firming mask. This anti aging facial will leave your skin feeling smooth and looking youthful.

### ESCALE BEAUTE

30 min \$80

#### *Mini facial*

Take time out and treat yourself to a beauty break. The scents of citrus fruits and essential oils re-energize and stimulate while botanical extracts reveal a soft and soothed complexion and all in just 30 magical minutes!

### HYDRALESSENCE

75 min \$145

#### *Deep hydrating facial*

This high performance treatment uses the powerful softening action of seaweed and fruit extracts to quickly help restore balance, suppleness, and softness. The use of two refreshing masks, one including a massage with a fine aromatic mist and the other uses an application of a repairing, hydration, reactivating duo using Yon-Ka techniques. Your skin will feel renewed, soothed, and rebalanced. Your softness and beauty will be restored. Choose Hydralescence year-round or as soon as your skin starts showing symptoms of dehydration.

### VITAL-ÉLASTINE

75 min \$145

#### *Fine lines & anti-wrinkle facial*

This expert anti-aging treatment uses a specific anti-wrinkle technical action to target wrinkles, as well as increase your skin's radiant complexion, hydration, and nutrition. The complimentary agent of our new professional mask compress enhances the effectiveness of this treatment.

### SOIN TEENAGER

45 min \$90

#### *Acne solution treatment for our younger guests*

A “phyto” cleansing treatment with astonishing efficiency to be used regularly in order to balance the adolescent, impure epidermis and prevent imperfections.

YON-KA BODY TREATMENTS

FLASH SOLEIL

50 min \$115

*Tanning treatment*

Give your face and body a sun kiss glow without compromising the health of your skin due to sun exposure. This treatment includes an exfoliating sea salt scrub, followed by an application of a hydrating self-tanning lotion.

SOIN VELOURS

50 min \$110

*Moisturizing body polish treatment*

More than just exfoliation, this dual treatment leaves your skin feeling soft, velvet smooth. A firming body lotion application is applied to leave your skin looking and feeling silky smooth. This is the perfect way to prepare your skin for tanning.

SEAWEED WRAP

75 min \$180

*Slimming body treatment*

This marine mud wrap starts with a body scrub that will increase circulation of the lymphatic system and prepare your skin for the application of a detoxifying and healing marine mud. This treatment will reduce water retention, slim and contour the body leaving your skin smooth firm and refined.

SUN KISSED SOOTHER

50 min \$110

*Sun repair treatment*

If you’ve spent a little too much time out in the sun and need some skin repair, this is the treatment for you. This treatment begins with a fresh aloe wrap infused with lavender and is followed by a repairing lotion application to treat and heal the skin.

CONTOUR DRAINANT

50 min \$125

*Anti-water retention slimming treatment*

Draining wrap with climbing ivy extracts. Specific Yon-Ka contour or draining techniques for people who suffer from water retention and like to sculpt their bodies.

PHYTO-FERMETE

50 min \$125

*Lifting and firming body treatment*

Includes massage movements to firm and tone body contours and a wrapping technique using Yon-Ka’s five essential oils.

JAMBES TONIQUE

50 min \$115

*Anti-fatigue treatment for legs*

The Jambes Toniques treatment is the ultimate remedy for tired legs. Specific drainage massage using soothing, detoxifying essences is followed by a refreshing bandage wrap soaked in an aromatic oil fusion for instant relief.

SOIN DETOX

75 min \$180

*Deep detoxifying herbal wrap*

The body detox is a stimulating treatment which helps rid the body of excess toxins. Guerande sea salts are used to detox the body while you are cocooned in a thermal blanket. Skin tone and texture are improved and you emerge with a renewed sense of well-being.



# HANDS AND FEET

## MANICURE

45 min \$50

Consists of filing and shaping of the nails, cuticle treatment, massage of the hands and application of polish.

**French polish additional \$7**

## EXPRESS MANICURE

30 min \$25

A perfectly beautiful manicure that focuses on the basics. We will shape, buff, clean the cuticles and polish your nails and leave you with enough time to enjoy the rest of your day.

## SHELLAC MANICURE

60 min \$60

This is the original and only Power Polish service, empowering you the real woman, with 14 + days of superior colour, no matter what life brings you. Set it and forget it. Practical and fearless. Improve your nails with an armor coat that says, “See you in 2 weeks.”

**Shellac soak off \$15**

## SSR SIGNATURE MANICURE

60 min \$65

This manicure experience offers your nails the royal treatment. Includes all the essentials of our classic manicure treatment, and the additional benefits of the moisture infusing paraffin wax treatment.

## PEDICURE

60 min \$65

Consists of a botanical foot soak, filing and shaping of the nails, cuticle treatment, massage of the feet and application of polish.

## EXPRESS PEDICURE

30 min \$35

A refreshing pedicure that focuses on the basics. We will shape, buff, clean the cuticles and polish your nails and leave you with enough time to enjoy the rest of your day.

## HOT STONE PEDICURE

60 min \$70

Smooth, warm Basalt volcanic stones are used in this uniquely relaxing and restorative pedicure. The combination of heat, massage and moisturization bring our already luxurious classic pedicure to a new level of pampering.

## SSR SIGNATURE PEDICURE

70 min \$85

Submerge your mind, body and soul in the total relaxation. This treatment starts with our classic pedicure service and is followed by a tension-relieving hot stone massage, moisture infusing paraffin wax treatment and your choice of nail polish for a total transformation of the feet.







# MAKEUP

## MAKEUP APPLICATION

Prices range from \$120 to \$160

Makeovers can work miracles, they boost a woman’s self esteem and give a glimpse of just how good she can look. So who better to help create an innovative make up range that takes the confusion out of makeup than our makeup artist we have at the Spa Seven Stars.



## WAXING

- |                             |                           |
|-----------------------------|---------------------------|
| • Eyebrows \$22             | • Full Leg \$70           |
| • Upper Lip \$15            | • Bikini \$40             |
| • Upper Lip & Eyebrows \$35 | • Brazillian Bikini \$70  |
| • Underarm \$35             | • Full Leg & Bikini \$100 |
| • Arms \$40                 | • Back \$90               |
| • Half Leg \$45             | • Chest \$50              |







# PACKAGES

## ISLAND DREAM

80 min \$180

Choose from a 50 min Swedish massage or Aroma Luxe massage while also enjoying the benefits of a mini facial which includes cleansing, toning, exfoliating and moisturizing.

## SIMPLE RELAXATION

80 min \$180

Receive a half hour massage to the back, shoulders and neck which prepares you to drift off to sleep while enjoying a 50 min customized cleansing facial that will have you refreshed and rejuvenated.

## REJUVENATION

2-2.5 hrs \$290

Everyday our bodies fight against environmental pollutants. Allow our trained therapist to assist your full body rejuvenation. Your therapist will commence this package with a sea salt scrub followed by a detoxifying seaweed mud wrap. After being wrapped up for 20 minutes, your therapist will then perform a massage that promotes the release of lactic acid and increased circulation resulting in a feeling of complete rejuvenation.

## BRIDAL PACKAGE

3-3.5 hrs \$255

Let us help you prepare for your special day. We have designed a wonderful way for you to look and feel beautiful as you begin your walk down the aisle. Your treatment will begin with a personalized Yonka facial followed by our SSR Signature Manicure and SSR Signature Pedicure.

## CREME DE LA CREME

4-4.5 hrs \$355

Reward yourself with this all day package. your day begins with a 50 minute Swedish massage followed by a customized Yonka facial. relax with a light lunch at The Deck Restaurant with a drink of your choice. Following your lunch we will pamper your hands and feet with a full manicure and pedicure. Relaxation at its best.

## SEVEN STARS CUSTOM TREATMENT

Create a treatment or package that suits you. Choose several of your favorite treatments to create your own package or make special requests for a single treatment so that you enjoy every second. If you want a Swedish massage, but you want the whole hour spent on just your hands and feet or if you want an array of treatments that isn't a package on our menu, all you have to do is request upon booking and we will make it happen. After all, it's all about you.

## TREATMENT SUGGESTIONS

It is recommended that you avoid treatments involving heat and deep pressure if you are pregnant, have high blood pressure, a heart condition, or recent surgeries. It is always advisable to check with your doctor prior to arrival to see if spa treatments can be performed.

For body treatments, please do not shave any area that will be treated no less than 12 hours before your treatment. Prior to a facial, men should not shave immediately beforehand. Shaving can leave your skin feeling tender and sore, therefore it is recommended to shave the day or evening prior to the treatment.

We will make every attempt to honor your requests for male or female massage therapists, however we cannot guarantee availability. You will be professionally draped for your treatment so please feel comfortable to undress completely when preparing for your body treatment or massage. Any children under the age of 16 require adult accompaniment.



#### BEFORE YOUR SPA TREATMENT

As a courtesy to the next guest, we ask that you arrive no less than 10 minutes before your treatment. This will also allow you sufficient time to fill out a health questionnaire and enjoy a complimentary beverage in our relaxation area.

#### SERVICE CHARGE

All treatments are subject to a 10% service charge.

#### LOCAL GOVERNMENT TAXATION

All services are subject to 12% local government tax.

#### CANCELLATION POLICY

Should the need arise to cancel or reschedule reservations, a 24 hour advance notice is required. A 48 hour advance notice is required for any spa packages and multiple treatments lasting more than 2 hours. Less than 6 hours notice will result in a 50% charge of service(s) and all no shows will result in a full charge of the service(s).

#### SPA HOURS

The Spa at Seven Stars Resort is open 7 days a week from 9:00 am to 7:00 pm.  
Special treatment times can be arranged upon request.

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