

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 \$165 | 80 min \$195

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 \$145 | 80 min \$180

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 \$155 | 80 min \$195

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 \$160 | 80 min \$195

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

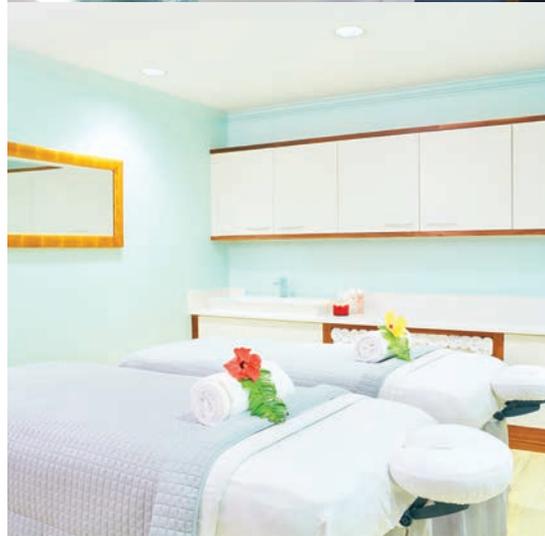
50 min \$150 | 80 min \$190

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

60 min \$160 | 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 \$150 | 80 min \$190

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.

POST WORKOUT MASSAGE

50 min \$150

This treatment's primary target is athletes and those suffering from post work out muscle tension. The nature of the massage is medium to firm pressure with a combination of invigorating muscle release techniques and trigger points designed to help relieve muscular tension reduce lactic acid helping with the recovery of fatigued muscles. This invigorating treatment uses a blend of oils, with an option of hot or cold ointments too.

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 MASSAGES

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)

COUPLES

50 min or 80 min

Have an amazing experience by choosing any massage of your choice to be shared and enjoyed in the company of someone special, allowing yourselves to connect on a deeper level. A true soul to soul experience

IN ROOM MASSAGES

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)

THERAPEUTIC MASSAGE

50 min \$155 | 80 min \$195

Therapeutic Massage is a deep tissue massage combined with myofascial work, muscle energy techniques and trigger point therapy it will help to release pain and reset muscles to their normal resting length. This massage is perfect for anyone who has an ongoing pain in a specific area or an old injury

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.

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.

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

This deep pore cleansing facial helps decongest and impurity free the skin. With the help of what nature can truly provide along with our signature multi-step pampering, this treatment will leave your skin moisturized, bright, and beautiful. Great for all skin types including sensitive skin.

OPTIMIZER

75 min \$145

Firming & lifting facial

Stimulate your natural collagen structure with active natural plant peptides to help lift and tight aging skin. The treatment includes stimulating facial massage movements along with a firming peel off mask that will bring vitality back to your skin. For best results to achieve even firmer and tighter skin, proper follow up home care system will be offered.

ESCALE BEAUTE

30 min \$80

Mini facial

A highly effective treatment achieved in a short space of time. 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! This express beauty treatment will leave your skin moisturized and completely exfoliated.

HYDRALESSENCE

75 min \$145

Deep hydrating facial

With the help of the latest high quality hyaluronic acid, this treatment will deeply penetrate your skin with needed hydration to looks its best. This divine multi pampering step treatment includes extractions along with an active soothing setting mask. Your skin will be left smooth, clean, and radiant. Great for all skin types including post sun exposure. For best results to reduce deep dehydration, an appropriate follow up home care system will be recommended.

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

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.

CLEANSING BACK TREATMENT

50 min \$155

A back cleansing treatment will cleanse, exfoliate the back, while treating any congestion and reveal brighter and smoother skin. A purifying mask is applied to clarify and soften the skin while providing a deep moisturizing treatment.

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.

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

80 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.

TREATMENT ENHANCEMENTS

MINDFUL STRESS RELIEVER

30 min \$80

This treatment is aimed towards those who experience headaches, migraine or sinus problems and also those who just enjoy an incredible head and foot massage. Specific techniques and pressure points are used on the head and feet to relieve tension using a blend of essential oils designed to clear sinus and relieve congestion.

EASTERN BLISS HEAD MASSAGE

30 min \$80

Beginning with a beautiful ritual of flowing warm coconut oils through the hair this blissful massage focuses on the head, face, neck and shoulders using a variety of pressure techniques to both relax and rejuvenate your energy epicenter, leaving you feeling serene and refreshed.

ULTIMATE PARAFFIN TREATMENT

Add on to any treatment \$25

This unique Paraffin system combines powerful topical ingredients, medical-grade paraffin, soothing heat and relaxing aromatherapy. Each individual pair of gloves or booties are heated using natural mineral technology, leaving the skin soft and hydrated. This treatment allows you to discover paraffin that has beneficial and restorative effects on the skin.



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

Gel Polish \$25

Paraffin Wax \$15

SHAPE, BUFF, POLISH

30 min \$25

We will shape, buff and polish your nails or toes and leave you with enough time to enjoy the rest of your day.

NAIL ENCHANTMENTS

1-1.5 hr full set \$80 | Refill \$45

Transform your own nails with the help of gel or acrylic enhancements. Gel will resemble a natural looking nail and acrylic overlays will help enforce your natural nail. A hand make over guaranteed.

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.

HOT TOWEL PEDICURE

45 min \$55

A refreshing pedicure that focuses on the essentials this Water-Less Spa Pedicure uses steamed towels instead of water and is thoroughly invigorating and revitalizing.

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

Both strip wax and hot wax available. Hot wax best advised for small sensitive areas with less pain and a smooth finish.

\$5 additional

- Eyebrows \$22
- Upper Lip \$15
- Upper Lip & Chin \$25
- Underarm \$35
- Arms \$40
- Half Leg \$45
- Full Leg \$70
- Bikini \$40
- Brazillian Bikini \$70
- Full Leg & Bikini \$100
- Back \$90
- Chest \$50





PACKAGES

ISLAND DREAM

80 min \$190

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 \$190

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 \$395

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. Late arrival may limit the time for your treatment.

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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