

THE BAREFOOT

SPA & BEAUTY

*A DIVINE EXPERIENCE
THROUGH CARING HANDS*

Pamper yourself at The Barefoot SPA where treatments are combined with a spiritual and meditative experience.

Antique furniture and décor, candle light, oriental music and mysterious aromas are part of this unique experience.

Come and experience some of the most innovative and time-tested classic traditions of skin and body therapies.

Our massages range from ease to tension and relaxation to energizing treatments or original Ayurvedic experiences.

Whether you wish to rejuvenate, revitalize or reflect, our treatments will bring you unparalleled retreats that promise relaxation and restoration of body, mind and spirit.

AYURVEDA INSPIRED RITUALS

Ayurveda is a holistic system of healing which evolved among the sages of ancient India over 5000 years ago. At The Barefoot SPA our therapists help determine your body type or 'dosha' and recommend the appropriate therapy and oils. This ancient science focuses on establishing and maintaining the balance of energies within us; detoxifying the body to promote good health.

ABHYANGAM (50 minutes)

A traditional Indian massage using combination of symmetrical strokes to regulate the circulatory and nervous system of the body.

USD 90

SHIROABHYANGAM (30 minutes)

Using Ayurvedic massage technique to active the vital points along the neck, shoulder and head to relieve stiff muscles. A hot head wrap to finish.

USD 45

SHIRODHARA (50 minutes)

An ancient Indian therapy, a continuous pouring of heated oil on the third eye, calm and soothe the nervous mental activity.

USD 112

HOT HERBAL POULTICE (60 minutes)

A warm herbal poultice made up of Ayurvedic herbs, soaked in oil and applied in long strokes with specific punctuation on 'marma' points to relieve tight muscle tensions.

USD 90

UDVARTHANAM (45 minutes)

An Ayurvedic powder massage is a deep, dry and stimulating massage using a special herbal powder to reduce cellulite accumulation, improve circulation and enhances your skin texture.

USD 70

TOUCH THERAPIES

Touch therapy is the therapeutic manipulation of the soft tissue of the body, including the muscles, skin, tendons, ligaments and fascia (connective tissue). Touch Therapists use a wide variety of bodywork techniques including various strokes, kneading, friction, tapping, compression, stretching and applying pressure to trigger points or acupressure points. The use of massage to improve wellbeing dates as far back as humanity itself. It is known for its benefit in increasing blood circulation and relaxing tense muscles.

FUSION EXPERIENCE (50 minutes)

Bringing together a palette of various techniques, this experience works to release mental, physical and emotional stress focusing on deepening the breath, centring oneself.

USD 80

BALINESE MASSAGE (50 minutes)

Keeping to the traditional technique, Balinese massage uses a combination of gentle stretching, reflexology and oil massage to stimulate the flow of energy along the body.

USD 80

SWEDISH MASSAGE (50 minutes)

The massage combines long gentle strokes, kneading and firm circular movements. Benefits: good for relaxation of the mind and muscles.

USD 80

HOT STONE MASSAGE THERAPY (50 minutes)

Warmed basalt or other stones are used for massage over the body with warm oil. Hot Stone is one of the most relaxing and sedating types of massage therapy. It is a great choice for people with insomnia.

USD 90

ORGANIC BODY TREATMENTS

BODY EXFOLIATIONS (45 minutes)

Body is thoroughly brushed and selected body scrub applied to remove dead skin cells. The body feels light, smooth and silky.

- ❖ *Sea Salt and Green Tea - deep cleaning*
- ❖ *Ginger and Brown Sugar - warming*
- ❖ *Rich Milk and Pearl Powder - whitening*
- ❖ *Coconut and Cinnamon - sensitive skin*

USD 60

BODY ENVELOPMENT (50 minutes)

Skin brushing and polish helps remove dead skin cells, leaving the skin fresh. Chosen mask is applied and body cocooned in a wrap, allowing natural osmosis to take place. This induced sweating helps body to cleanse and feel lighter instantly.

- ❖ *Mud - nourish*
- ❖ *Seaweed - detox*
- ❖ *Cucumber and Yogurt - cooling*
- ❖ *Honey and Citrus - anti tanning*

USD 80

ORGANIC FACIAL TREATMENTS

EMPRESS FACIAL (60 minutes)

This royal facial uses fresh and natural ingredients. The face is cleansed with a tomato, milk and citrus juice and a mix of green tea, sugar and honey as exfoliators. Sliced cucumber is used to tone the skin and then sweet almond oil is slowly massaged onto the face. The ritual continues with a pearl mask. The chilled surface of a jade roller is then used to caress the skin and close pores. A soothing balm is applied to the lips.

USD 80

FOOT TREATMENTS

HEAVENLY FOOT MASSAGE (45 minutes)

Heavenly foot massage is based on theory that specific areas on feet are reflexes to other parts of the body including the internal organs. Palm kneading along the leg to release tight muscles, some stretching to loosen joints and little cartilages on the feet and toes.

USD 70

BAREFOOT EXPERIENCE (60 minutes)

A gentle and immensely enjoyable therapy that works on the feet to increase circulation, shift toxins and stimulate the body's self-healing ability. As one of the most neglected parts of the entire body, this massage will leave you with a carefree spring in your step. This therapy is combined with hot herbal compress to improve circulation and relieve tired feet.

USD 80

ADD-ON TREATMENTS

RECOVERY TREATMENT (30 minutes)

Pressure points on the scalp, neck and shoulder are stimulated to improve circulation, relieve tightness and tension and promote relaxation.

USD 45

INDIAN HEAD MASSAGE (30 minutes)

A traditional Indian head massage which will concentrate on you pressure points on the scalp and help you to relieve stress and tension.

USD 45

QUICK GLOW (30 minutes)

This treatment will boost your complexion with a facial cleanse, an unique exfoliating compresses. Your facial is completed with nutrient rich moisturizers for the eyes, lips, face.

USD 45

SPARKLING EYES (20 minutes)

Specific massage technique and mask to relieve eye strain. Calm and rejuvenate the eyes and bring back the sparkle.

USD 45

MANICURE & PEDICURE

MANICURE (30 minutes)

A traditional manicure to make hands soft and smooth and nails beautiful. Includes hand and arm massage and nail polish application.

USD 40

PEDICURE (30 minutes)

Pamper your feet with an aromatic foot soak and scrub, followed by a traditional pedicure and foot massage to enhance the condition of your feet. Nail polish application included.

USD 40

MANICURE & PEDICURE PACKAGE (60 minutes)

USD 70

NAIL POLISH (20 minutes)

Application of your choice nail polish only.

USD 20

SIGNATURE RITUALS

TIME RITUAL (2 hours)

Take your SPA experience to a new zenith by opting for two or more consecutive therapies to suit your individual needs and create your very own spa ritual.

USD 200

THE BAREFOOT COUPLE RITUAL (2 hours)

Fusion Experience - Body Exfoliation - Quick Glow

This ritual begins with full body massage using rhythmical soothing strokes followed by coffee scrub reducing the appearance of cellulite. Your therapy concludes with a quick glow mini facial.

*Single USD 225
Couple USD 400*

STRESS AWAY (2 ½ hours)

Sea Salt and Green Tea Exfoliation, Hot Stone Massage, Barefoot Experience

Step away from your long and exhausting day with this effective ritual. Sea salt and green tea scrub gives your skin deep cleaning and moisturizing. Hot stone massage focuses on stress areas according to your preference.

This treatment concludes with our signature foot massage.

USD 280

WAY TO INDIA (2 hours)

Abhyanga, Shirodhara, Indian Head Massage

Your therapy begins with Abhyanga, a traditional Indian Ayurveda massage using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems. Shirodhara, an Indian traditional massage, will soothe the nervous mental activity. This ritual is concluded with a traditional Indian head massage.

USD 250

SPA ETIQUETTE AND POLICY

MEDICAL CONDITIONS

If you have any kind of medical condition, mention it when you book an appointment. Certain treatments may not be advisable for you.

SMOKING

Smoking is not permitted in the SPA.

PREFERENCES

If you want the therapist to give you a deep massage, or be gentler, let him/her know. Also, feel free to ask questions. Your therapist will enjoy knowing your thoughts and clarifying any issues you may have. If any part of your experience is unsatisfactory, first tell the therapist.

VALUABLES

In order to avoid all worries and stress, leave all jewellery and valuables in your in-room safe and do not bring them with you to the SPA.

CELL PHONES

Leave phones and pagers in your room or turn them off before entering the SPA. Keep conversations at a low volume.

MINORS

Spa guest must be at least 18 years of age.

SPA ETIQUETTE AND POLICY

RESERVATIONS

Reservations can be made directly at the SPA Reception or by dialling the SPA extension on your in-room telephone. We suggest you to book your appointments in advance in order to obtain your preferred time.

PUNCTUALITY

Ideally arrive 15 minutes before your appointment time in order to enjoy an unhurried transition into the SPA. If late, the time of your treatment will be shortened.

CANCELLATION POLICY

Cancellations made less than 4 hrs in advance of a booked treatment may incur in a penalty fee equal to 100% of the price of the treatment.