



## **SERVICES MENU**

### **DISCOVER THE BALANCE OF BEAUTY & SELF...**

#### **"Five Star Treatments for Body, Mind & Spirit"**

At Metamorphosis Spa we offer the perfect balance between beauty and wellbeing. Our exquisite spaces are designed to maximize positive energy through the combination of the 4 life elements: earth, air, water and fire, Caribbean influences and modern amenities.

A soothing therapeutic massage in our fantastic sea side cabanas, a revitalizing body treatment in our exclusive Spas, a healing facial after a day at the beach...so many ways to pamper yourself during your Metamorphosis Spa retreat.

## **SERVICES**

### **Body Wraps & Treatments**

#### **Soothing Natural Aloe Vera Body Wrap**

After a long day in the sun, this pure plant treatment nourishes your skin with all the goodness of nature. The body is gently cleansed with holistic shower oil, followed by a fresh Aloe Vera body application, allowing the absorption of all the nutrients from this restorative plant. The finishing touch is a refreshing Thermal Body Spray.

### **Dead Sea Mud Body Wrap**

The favorite of many Spa enthusiasts! Dead Sea mud is known for its high mineral content and beneficial properties for our skin. The natural substance is applied on the body to remove dead cells, detoxify, rejuvenate and reaffirm leaving your skin smooth and hydrated. This service ends with a revitalizing 25 minutes full body massage.

### **Chocolate Dreamland**

In Metamorphosis Spa chocolate is not just a treat to eat, but an essential ingredient for this innovative spa treatment. Leave it to us to find a way to incorporate chocolate into this rich treatment including a delicious BABOR body exfoliation and an exquisite corporal clay and chocolate body wrap, finishing with 15 minutes of a relaxing massage that will transport you to a kingdom of tranquility.

### **BABOR Body Treatments**

“Experience BABOR’s philosophy of beauty at first hand, with exclusive treatments for unique moments of indulgence”

### **Caribbean Vitamin Cocktail**

Pamper yourself with the exotic kindness of the Caribbean and allow your body the possibility of absorbing the vitamins that nature offers us. This exclusive treatment includes a cleansing exfoliation, a luxurious cream body mask and finishes with a rejuvenating body cream application. This treatment is recommended to reduce the aging effects caused by solar rays and to promote regeneration of the skin thanks to a specially designed cocktail of vitamins A, C and E.

### **Seduction of The Scents**

When body and spirit are balanced, our skin reflects our inner harmony. With this special aroma body treatment you will experience the benefits of BABOR’s holistic Scen-Tao anti- stress line that is wonderfully fragrant and promotes a sense of calm. Start with an amazing body exfoliation, continue with a refreshing clay body wrap

and while in this sweet cocoon enjoy a relaxing foot massage. The final decadent step is a 25 minutes aroma therapeutic massage.

#### **Oceanic Scrub**

This gentle exfoliation of Sea Salts, rich in mineral and trace elements is combined with aromatherapy oils "a la carte" to stimulate the skin and improve circulation. Energizing or balancing oil is applied to the body as a finishing touch either to invigorate or calm your mind and spirit.

#### **Sea Paste**

This powerful detoxifying body mask of marine algae eliminates impurities and toxins while nourishing and hydrating the skin; stimulating the metabolism and removing excess water. While wrapped enjoy a relaxing foot massage. Final care includes the application of a vitamin rich cream.

#### **S.O.S After Sun Body Treatment**

Calm and restore the health of your skin after excessive sun exposure. The grand effect of this exclusive body treatment is that it refreshes, calms and reduces reddening. In addition, it stimulates the process of regeneration of the skin, reverses the loss of humidity and allows you to retain that perfect Caribbean tan.

### **Hydrotherapies**

#### **Cleopatra's Milk Bath**

Indulge yourself and be a Queen for a day! Rejuvenate your skin with this superb hydrotherapy of milk and minerals. We begin with a BABOR full body exfoliation, followed by a hydrotherapy session of 20 minutes and finish with a 15 minutes relaxing massage.

#### **Rose Petals/ Exotic Flowers Bath**

Immerse yourself in the world of luxurious pampering, forget the stress of your daily routine, leave the outside world behind you or simply recharge your batteries while enjoying this unique exotic flower or rose petal hydrotherapy followed by a 15 minutes relaxing massage.

#### **Aroma Spa Bath and Massage**

Indulge in this fragrant Spa Experience! This *aroma-licious* spa session initiates with a rejuvenating sea salt body exfoliation followed by a 15 minutes hydrotherapy session and finalizes with a lavish aromatic 45 minute massage. All steps of this therapy include the incorporation of essential oils chosen by you to best suit your needs. Your choice of:

- Relaxing: Let your senses float, relax your body...
- Balancing: Inner peace and harmony...
- Revitalizing: Awaken your senses, revitalize your body...

### **Thalassotherapy**

Wellness by nature! This treatment benefits are intensive purification and stimulation of the metabolism. Blue algae have excellent detoxifying properties and a deep hydrating, relaxing effect due to their high content of vitamins, minerals and oligo elements. This splendid treatment includes 20 minutes of hydrotherapy, 30 minutes of cranial massage and ends with a vitamin rich body cream application.

### **Therapeutic Massages**

#### **Relaxing Anti-stress Massage**

Harmonize your body and spirit with this wonderful massage based on traditional European techniques, results include increased circulation, muscle tension relief and stress reduction.

#### **Deep Muscular Massage**

This massage is recommended to relieve muscular tension and pain or for those who enjoy a strong, deep massage. This therapy is perfect before or after an exercise routine or physical activity. Ease joint pain and discomfort with this intense muscular massage.

#### **Aroma therapeutic Massage**

Imagine being surrounded by an exotic blend of essential oils selected for your personal needs, imagine that these essential oils are being applied to your body with a subtle rhythmic massage... embracing your spirit...stop dreaming and experience our exquisite aroma therapeutic massage.

**Shiatsu**

A massage that focuses on the sophisticated oriental technique of acupressure. During this treatment your therapist will apply pressure on specific points in combination with precise body movements to stimulate even energy flow through meridians or energy channels throughout your system.

**Lymphatic Drainage**

The purpose of this massage is to stimulate the lymphatic system using smooth movements and rhythmical blows. This treatment will liberate your body from toxins and stimulate circulation. An excellent choice if you want to avoid fluid retention and reduce chronic inflammation. This massage combined with other techniques is appropriate for weigh reduction.

**Scalp Massage**

This is the best therapy to relieve tension and stress from the shoulders, neck and head areas. The different massage techniques applied in this treatment will improve scalp circulation and flexibility in the neck and shoulders.

**Reflexology Massage**

“Your hands and feet are a map of your body” Through this ancient Eastern theory that sustains reflexology, our experts will stimulate key zones in your hands and feet that correspond to your organs and internal system. This massage will help you find energetic balance.

**Combination Massage**

Pamper yourself with this exquisite fusion of therapeutic techniques tailored to suit your individual requirements. This is the best way to explore and enjoy the magical world of body massages.

**Scentao Hot Stone Therapy™**

Enjoy this unique wellness treatment reflecting the oriental philosophy for the body and mind combined with hot stone massage. This treatment uses a range of holistic products based on active ingredients found in Asian plants (Ginkgo, Ginseng and Green Tea) for an exceptional relaxation experience.

## **Facials**

Before any facial treatment our professional team can perform a customized evaluation to recommend a facial perfectly tailored to the needs of your skin type and condition.

Each facial therapy includes cleansing, exfoliation and massage of face, neck and décolleté.

### **Express Facial**

Does your skin need an extra boost? This Pro-Biotic facial treatment has been designed for your needs. The combination of active ingredients such as fruit extract, milk and cereal increases the skin's defenses to keep it healthy and radiant.

### **Signature Facial**

This specialized Metamorphosis facial is expertly tailored to fit your individual needs. Whether it is a facial to treat problem skin, restore balance and proper hydration or combat environmental effects. Dull surface skin cells are gently removed, followed by an extraction if necessary. Next you will enjoy a relaxing facial massage, application of a nourishing mask over face, neck and décolleté. Enjoy a complementary hand or foot massage during treatment.

### **Fresh Cell Infusion**

A unique anti-aging treatment that stops time in its tracks and offers maximum protection against external factors and free radicals. This treatment is adapted for all skin types, using a pure collagen mask as well as fresh pumpkin cells to increase cell regeneration thus promoting healthier and younger skin. Your skin will feel smoother and firmer.

### **Tropical Bamboo**

The effectiveness of BABOR's "Refining Complex" stands out in this innovative facial treatment, providing the ultimate balance to oily or combination skins. The powerful action of its main components, bamboo and witch hazel, reduces sebaceous flow, refines pores and lends a visibly refined and fresh appearance.

### **Hydrating Calendula**

An intensive moisturizing facial for sensitive and demanding skin with an instant calming effect. The products used in this gift of "mother nature" combines a new

anti irritation complex with a high dosage of calendula extract. 100% Calming 100% Moisturizing

### **S. O. S After Sun Facial**

When you have over expose your face to sun rays without the suitable protection, this it is the perfect treatment for you. This facial will restore your skin concentrating in refreshing, calming and reducing redness. The products used in this S. O. S Facial will help your organism to begin its natural process of revitalization and regeneration.

### **Caribbean Moon / Whitening Effect**

This highly effective and amazingly gentle facial is ideal for all skin types and conditions. It lightens the complexion due to active ingredients such as citric acid, sleepy morning and sunflower extract. A Metamorphosis favorite for brides.

### **Aqua Lift**

A highly recommended facial for moisture deprived skin and lack of elasticity. With this one of a kind treatment your skin will be replenished at a cellular level with moisture due to the action of cyclo dextrines loaded with water. Included in this lifting treatment is a *gommage* style algae mask. The firming effect is noticed with one session.

### **Rejuvenating Rose Quartz Facial**

Take pleasure in the ultimate balancing ritual for restoring beauty and rejuvenating the skin. Experience the loving heart stone of Rose Quartz transferring a healing energy, therefore improving the skin's vital function, promoting cell regeneration and preventing light induced aging. This treatment visibly improves natural moisture supply to the skin.

### **Touch of Gold**

Our most luxurious lifting treatment will transport you to the realms of tranquility, which cannot be pictured by imagination alone. A special musical composition of the natural sounds of the sea and a choreographed massage will transport you to the farthest corners of complete relaxation. While enjoying an unforgettable experience, your skin is rejuvenated with luxurious High Skin Refiner products formulated to maintain a youthful appearance.

### **Gentleman's Express Facial**

Purifying, hydrating and refreshing, this facial treatment is individually tailored to suit men's skin. This treatment addresses overall skin condition, targets specific problems, soothes shaving bumps and irritation leaving skin feeling refreshed, healthy and ultra smooth.

### **Deluxe Gentleman's Facial**

Tailored for the demanding requirements of men's skin, we present a matchless treatment that minimizes the tracks of time. Formulated for all skin types, rich in collagen and with an intense moisturizing effect, this Deluxe facial is definitely worthy of a King.

### **Algae Peel off Eye Mask**

Give a little extra care to the most delicate part of your face with our special Algae Peel off Eye Mask, the perfect complement for any facial treatment that will reduce the appearance of fine lines and wrinkles, improves elasticity, banishes tiredness and leaves the eye area looking smoother and healthier. Only available as an add on treatment.

## **BEAUTY SALON**

"Immerse yourself in the world of luxurious pampering beauty treatments"

### **Hands & Foot Therapy**

Manicure

French Manicure

Spa Manicure

Pedicure

French Pedicure

Spa Pedicure

Nail Polish Application

### **Hair Therapies**

Ladies wash & set

Ladies Haircut with wash and set

Gentleman's Haircut

Children's Haircut

Razor Trim

Hair Mask Conditioning Treatment

Ampoules

Hairstyle with wash & set

Special Bride's Hairstyle with wash & set      Highlights with wash & set  
Chemical Straightened      Special Highlights with wash & set  
Permanent Color with wash & set      Hair Extensions  
Semi- Permanent Hair Color with wash & set

**Caribbean Braiding**

Per Unit  
Entire Head

**Waxing**

Arms	Full Legs
Back	Half Legs
Bikini Area	Underarm
Brows	Upper Lip
Chin	

**Make Up**

Makeup  
Special Brides Makeup

**My Way Spa Day / 3 Hours**

Discover the endless path of renovation with this five star Spa Package! Pamper yourself with your choice of 3 of our sophisticated therapies. You may consult our staff to assist you in tailoring your package to best suit your individual needs. Enjoy!

1 Full Body 55 minutes Massage

Your choice between: Relaxing / Deep Muscular / Aroma therapeutic

1 Premium Facial

Your choice between: Hydrating Calendula / Tropical Bamboo / Signature Facial

1 Beauty Salon Service

Your choice between: Wash &Set with Hydrating Mask / Spa Manicure / Spa Pedicure

### **Double The Pampering / 2 Hours**

...and double the fun. An idyllic opportunity for couples or family members to relax and spend time together, this package is an enjoyable experience for two that features:

2 Sauna and Jacuzzi Session

2 Exquisite Chocolate Body Wraps

2 Aroma therapeutic or Relaxing Massage of 25 Minutes

2 Express Facials

### **Men Rule / 2 Hours**

This spa package has been specially designed with the modern man in mind... treat yourself with a Gentleman's day spa therapies that will enhance your physical condition and energize your spirit.

1 Detoxifying Sauna Session

1 Express Gentleman's Facial

1 Full Body Massage of 55 Minutes, your choice of: Relaxing or Deep Muscular

1 Gentlemen's Manicure

### **Turn Back Time / 3 ½ Hours**

We found a way! This exclusive package will rejuvenate your body and revive your spirit. Head to toe treatments for the 30 plus crowd.

1 Deluxe Facial; your choice of: Agua Lift or Fresh Cell Infusion

1 Extraordinary Body Treatment; your choice of: Caribbean Vitamin Cocktail or Sea Paste

1 Vichy Shower Session

1 Spa Pedicure

1 Wash and Set

### **Here Come's The Bride...**

Metamorphosis Spa has the perfect package to create a world of tranquility and relaxation for the Bride! This 2 day Spa package will prepare you to glow on your special day. The bride will enjoy unlimited use of the sauna, steam room and Jacuzzi as well as...

### **Prior to the Wedding Day: 2 hours**

- 1 Caribbean Moon Facial
- 1 Seduction of the Scent Body Treatment

### **Wedding Day: 2 hours**

- 1 Special Bride's Hairstyle including Wash & Set
- 1 Bridal Makeup
- 1 French Manicure
- 1 French Pedicure

### **FACILITIES**

As a modern Spa, Metamorphosis combines the latest technology with ancient rituals based on the therapeutic properties of water to nourish, refresh and highlight your Spa experience.

- Detoxifying Sauna
- Relaxing Jacuzzi
- Hydrotherapy Bath
- Vichy Shower
- Turkish Bath

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Note not all facilities are available in all locations

Please inquire which facilities are included in the purchase of massages and body treatments.

### **SPA ETIQUETTE**

Relaxation is at the heart of the Spa experience. Knowing what is expected of guests and therapists alike is helpful for realizing an enjoyable stay with us. Following our spa recommendations will assure you a complete experience full of balance and harmony.

### **Spa Hours**

Hours of operation are from 8:00AM to 8:00PM, from Monday thru Sunday.

**Arrival Time**

By arriving at least 10 minutes prior to your appointment you will have more time to familiarize and benefit from your surroundings.

**Late Arrivals**

When arriving late is unavoidable, please call to notify the spa receptionist when possible. Arriving late will simply limit the time of your treatment, as we must complete your service in the allotted time to appropriately accommodate our next guest.

**Cancellation Policy**

We request that all guests using the Spa extend a courteous 24 hour cancellation notice to change or cancel any appointment. A 50% service charge will be applied to your room for no shows.

**Minimum Age for Treatments**

Guests must be 18 years or older to experience a spa treatment. Minors may receive most services when accompanied with his/her tutor. Salon services are available for all ages.

**Clothing**

Being comfortable is a very important detail to enjoy your spa experience. Most body treatments are enjoyed without clothing; during all treatments the body is fully draped only exposing the area being worked on. Robes and slippers are provided before and after treatments. Bathing suits are required for sauna, Jacuzzi and hydrotherapy services.

**Valuables**

Please leave valuable items including jewelry in the safe in your guestroom. We are not responsible for loss of personal items during your stay.

**Tranquility**

To respect an ambiance of tranquility we ask you to turn off all cell phones, pagers, radios or any electronic devices. To preserve the silence and harmony of the spa we ask that you maintain a low noise level.

**Cigarettes and Alcoholic Drinks**

Health and balance are key stones for the Spa experience we ask that guests restrain from smoking or drinking alcohol in the spa areas.

**Gratuities**

It is a common practice to tip the person who has performed to the satisfaction of the customer. Gratuities are not included in the menu price; we suggest 10% to 15% of the service cost, as an elegant personalized way to express thanks for a job well done.

**Special Conditions**

Please notify the Spa before booking your treatments if you have high blood pressure, allergies or any other physical ailments or disabilities. Please let staff know if you are or may be pregnant, this may restrict some of the services available. In some cases doctor certification may be required in order to receive a service.

**Comfort**

If you have any concerns or questions, please let us know. If at any time during your service you experience discomfort please alert your therapist immediately.

**Payment**

Please note that for convenience all menu prices are listed in US dollars. For payment, we accept all major credit cards, traveler's checks, local currency, US Dollars or Euros. Prices are subject to change without notice.

**Thank you for choosing Metamorphosis Spa.**